

# GROUP FITNESS SCHEDULE

## MAY

DPH.GEORGIA.GOV/CAPITOLHILLFITNESS  
404.232.1573  
DPH-CAPITOLFITNESS@DPH.GA.GOV



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
11:30 - 12:15 p	<b>Body Flex</b> Carmen	<b>Move It *</b> Audrey	<b>Muscle Pump</b> Chandler	<b>Body Flex</b> Inas	<b>Cycle</b> Heather
12:15 - 1:00 p	<b>Step</b> Kim	<b>Yoga *</b> Lana	<b>Cycle</b> Heather	<b>Yoga *</b> Sid	<b>Namaste' *</b> CHFC Staff
1:00 - 1:30 p (30 minutes)	<b>Butts &amp; Guts</b> Jasmine	<b>Bootcamp</b> Chandler	<b>Zumba *</b> Laura	<b>HIIT</b> Jasmine	<b>Zumba *</b> Laura
4:15 - 5:00 p	<b>Yoga *</b> Lana	<b>Body Flex</b> Jasmine	<b>Tabata</b> Carmen	<b>Step</b> Floyd	
5:15 - 6:00 p	<b>Body Flex</b> Chandler	<b>Rip &amp; Ride</b> Audrey	<b>Body Flex</b> Audrey	<b>Train W/ A Trainer</b> CHFC Staff	

# CLASS DESCRIPTIONS

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**Bootcamp:** We want to keep you guessing – and challenge you differently in every class! Workouts are designed to improve your overall fitness – strength, cardio, flexibility, agility and endurance! You will have fun, but be prepared to work hard!

**Cycle:** Get ready for the ride of your life and kick your workouts into high gear! Each session can burn 400+ calories! Guaranteed to make you sweat, this 45 minute class is for all levels. Bikes are on first come first serve basis.

**HIIT:** "High Intensity Interval Training" has been scientifically proven to be the most effective way to pack in a high calorie burning workout in a short period of time. In this class, your heart rate will be on a 30 minute roller coaster, and when you leave, your metabolic rate will be through the roof for the next 24 hours.

**Pilates - FREE FOR ALL STATE EMPLOYEES:** This class is considered the art of controlled movement. If practiced consistently, this class will help improve strength and flexibility while building endurance and control throughout your entire body.



**Rip & Ride:** How should you be spending your precious workout time? Doing strength training or cardio exercise? WHY CHOOSE? This class combines weight lifting with cycle class to get you the burn you need at the end of the day.

**Body Flex:** This total body strength training workout uses barbells, dumbbells, and various resistance training equipment to achieve maximum strength benefits. Shape and sculpt your body in this effective format. This class is appropriate for everyone.

**Muscle Pump:** Do you want to hit a specific muscle group each week? If so, this is the class to attend. We will target certain muscle groups each class. This will help you increase muscle on specific areas, and you will work up a sweat.

**Tabata:** Similar to HIIT, this workout is designed to improve anaerobic and aerobic fitness. This class uses extreme exercises by completing 20 seconds of work followed by 10 seconds of rest, typically repeated 8 times or 4 minutes. Come ready to work!

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**Move It-** FREE FOR ALL EMPLOYEES: Take a break from your busy work week, and MOVE IT. This fitness class includes several different styles of dance including Latin, Hip Hop, and Bollywood. All levels of experience are welcome!

**ZUMBA®** - FREE FOR ALL EMPLOYEES: Take the "work" out of workout by mixing low-intensity and high-intensity moves for an exhilarating, easy-to-follow, calorie-burning dance fitness party. This Latin-inspired class combines all elements of fitness--cardio, muscle conditioning, balance, flexibility, boosted energy...and a serious dose of awesome each time you leave class! Join the dance party--you've got nothing to lose but calories!

**Train with a Trainer:** Ever wondered how your trainer works out? Come challenge your own fitness staff in this class where you train together. Custom-made, exciting workouts structured by your own fitness center staff. Show us what you got!

**Yoga** - FREE FOR ALL EMPLOYEES: A regular yoga practice will help transform your mind and body, ultimately helping you find inner calmness and peace. Enhance your strength, balance, flexibility and stability. Leave feeling stronger and more centered. Just breathe... OM.

**Namaste'** - FREE FOR ALL EMPLOYEES: Had a hard, stressful week? Use this times to meditate however you wish. Soothing music is provided so you can go through your own yoga routine, stretch, or sit silently and clear your mind of all your stresses.

**Step:** An awesome cardiovascular workout utilizing a step bench, adaptable from 4 – 8 inches from the floor. This class will teach the basic building blocks of step and is suitable for all levels.

**Butts & Guts:** Is your goal to tone and shape your glutes and midsection? Look no further! Use these 30 Ladies, this is the class for you! Men are also welcome.

