

# DPH Wellness

## SEPTEMBER 2013



| SUNDAY  | MONDAY  | TUESDAY  | WEDNESDAY   | THURSDAY  | FRIDAY   | SATURDAY   |
|---|---|--|---|---|--|--|
| 1   | 2<br><b>Labor Day Holiday<br/>No Classes</b>                                | 3<br><i>*11am Tai Chi</i><br>12:30pm Yoga<br>4pm Body Flex<br>5pm INSANITY®                            | 4<br>12:30pm Zumba<br>4pm Kickbox                 | 5<br>11:30am Body Flex<br>12:30pm Yoga<br>4pm Dance Fit<br>5pm INSANITY® +<br>PiYo Strength®  | 6<br><i>11:30 DPH Discover IT</i><br>12pm Bootcamp   | 7  |
| 8   | 9<br><i>12pm Big Peach<br/>Run/Walk LnL 7-430</i><br>4pm Zumba Tone         | 10<br><i>9am &amp; 1pm CPR/AED @<br/>Decatur Lab</i><br>12:30pm Yoga<br>4pm Body Flex<br>5pm INSANITY® | 11<br>11am AF WWE<br>12:30pm Zumba<br>4pm Kickbox | 12<br>11:30am Body Flex<br>12:30pm Yoga<br>4pm Dance Fit<br>5pm INSANITY® +<br>PiYo Strength® | 13<br>11am AF WWE<br><i>9am &amp; 1pm CPR/AED @ 2<br/>Peachtree, 7-430</i><br>12:30pm Bootcamp | 14<br>8:45<br>Ab Class and Mountain<br>Walk up w/ Deshaun.<br>Join us at DPH/AHA<br>meetup group |
| 15  | 16<br>11am AF WWE<br>11:30am Body Flex<br>12:30pm Kickbox<br>4pm Zumba Tone | 17<br><i>*11am NO Tai Chi</i><br>12:30pm Yoga<br>4pm Body Flex<br>5pm INSANITY®                        | 18<br>11am AF WWE<br>12:30pm Zumba<br>4pm Kickbox | 19<br><i>11:30am TLW LnL</i><br>4pm Dance Fit<br>5pm INSANITY® +<br>PiYo Strength®            | 20<br>11am AF WWE<br>12:30pm Bootcamp  | 21   |
| 22  | 23<br>11am AF WWE<br>11:30am Body Flex<br>12:30pm Kickbox<br>4pm Zumba Tone | 24<br><i>*11am Tai Chi</i><br>12:30pm Yoga<br>4pm Body Flex<br>5pm INSANITY®                           | 25<br>11am AF WWE<br>12:30pm Zumba<br>4pm Kickbox | 26<br>11:30am Body Flex<br>12:30pm Yoga<br>4pm Dance Fit<br>5pm INSANITY® +<br>PiYo Strength® | 27<br>11am AF WWE<br>12:30pm Bootcamp  | 28<br>8am<br><b>Stone Mountain<br/>Walk w/ Angela.</b><br>Join us at DPH/AHA<br>meetup group     |
| 29  | 30<br>11am AF WWE<br>11:30am Body Flex<br>12:30pm Kickbox<br>4pm Zumba Tone |  |   |   |  |  |
| NOTES:<br>Please bring a mat or towel and water bottle with you to class!!!<br>All classes are in the 2nd floor Group Exercise Room unless otherwise noted. <i>*Tai Chi</i><br>will be held at the water wall at north Woodruff Park. <i>Please go to</i><br><a href="http://www.dph.georgia.gov/wellness">www.dph.georgia.gov/wellness</a> for location of special events. |   |  |   |   |  |  |



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Please send questions/  
 comments to  
[eskoch@dhr.state.ga.us](mailto:eskoch@dhr.state.ga.us)

Body Flex: An all over high intensity strength training class using a plate loaded barbell and other resistance guaranteed to build endurance. Designed for all levels.

**Check us out our all new look at [www.dph.georgia.gov/wellness](http://www.dph.georgia.gov/wellness)**