

Capitol Hill Fitness Center Group Exercise Schedule

JULY 2014

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
7:00a		Bootcamp Kimberly	Indoor Cycle w/ TRX Susanne	Bootcamp Xavier	Indoor Cycle w/ TRX Effie	Bootcamp Xavier	Stone Mountain Walk* Check us out on www.meetup.com
11:30a		Body Flex Susanne	Dance Fit L'laina	Pilates Whitney	Body Flex Kimberly	Step & Flex Kim	
12:30p		Step Susanne	Yoga Susanne	Zumba Gold Christy	Yoga StrX Terrell	TGIF Dance Party* Daniel	*New attendees should come 15 min early to review the line dances
3:30p		Indoor Cycle Effie	Step Susanne	Indoor Cycle Kimberly	Bootcamp Whitney	Indoor Cycle Effie	
4:15p		Zumba Tone Christy	Body Flex Floyd	Cardio Kickbox Ebony	Dance Fit L'laina		
5:15p		Body Flex Effie	Indoor Cycle Ebony	Body Flex Effie	Indoor Cycle Ebony		

Please bring a mat or towel and water bottle with you to class!!! All classes are in the 2nd floor Group Exercise Room unless otherwise noted.

We kindly ask that you BE ON TIME for classes as not to interrupt the instructor and to ensure you are properly warmed up to exercise.

Please be dressed in athletic shoes for classes (no flats or bare feet)!

*<http://www.meetup.com/American-Heart-Association-Walking-Clubs/Georgia-Dept-of-Public-Health-Stone-Mountain/> (please check schedule)

In honor of the July 4th holiday, the Capitol Hill Fitness Center will close at 2:00 p.m. on Thursday, July 3rd.

No group fitness classes will be held after the 12:30 p.m. yoga class. We will be closed on July 4th.



Capitol Hill Fitness Center
Tel: 404-232-1573
dph-capitolfitness@dph.ga.gov
Hours of Operation
M-Th 6am - 7pm, Fr 6am - 6pm

DPH Worksite Wellness
Susanne Koch
404-657-2566
10-245

Please send questions/comments
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