

Mission

To empower State of Georgia employees to become healthier through physical fitness and healthy lifestyles choices.

HOURS OF OPERATION

Monday—Thursday

6:00 am—7:00 pm

Friday

6:00 am—6:00 pm

Vision

To support the wellness of State of Georgia employees through exceptional health and fitness resources and superior service.

CONTACT US

capitolfitness@dhr.state.ga.us

Tel: (404) 232-1573

The Capitol Hill Fitness Center is brought to you by State of Georgia employees in collaboration with the Georgia Department of Public Health.



**Capitol Hill
Fitness Center**

1st Floor, 2 Peachtree St., NW
Atlanta, GA 30303



**Capitol Hill
Fitness Center**

Better Health Starts on the Hill.



Body Flex is a group exercise class designed to develop muscular endurance and improve body composition.



On-site, accredited personal trainers provide our members with an option for personalized fitness programming. Our personal training team will design a program based upon your individual fitness needs and goals. Your initial session will include a comprehensive fitness assessment that will provide feedback on your personal fitness levels. Your trainer will then assist you in developing the fittest you!

We have specialized trainers available for individuals with known disease, pre/postnatal, and sports specific needs.

PERSONAL TRAINING



Personal Training is by appointment only. We kindly ask that you observe our Personal Training Cancellation Policy and reschedule your sessions no less than 24 hours before your scheduled training time.

Individual Training Fees

30 Minutes	50 Minutes
Single = \$25	Single = \$45
6 Sessions = \$139	6 Sessions = \$249
12 Sessions = \$249	12 Sessions = \$479

Group Training Fees (50 min)

2 People	3 People	4 People
\$25 ea.	\$22.50 ea.	\$20 ea.

We are proud to note that the Capitol Hill Fitness Center is funded by State of Georgia employees.



Capitol Hill Fitness Center is conveniently located on the 1st floor of the 2 Peachtree building in downtown Atlanta. The fitness center is open to all State of Georgia employees and its' contractors on Capitol Hill. After hours parking is available at the 90 Central Lot.

The fitness center is fully staffed by fitness professionals who hold a four-year degree in an exercise science related field. Our Fitness Specialists all hold current nationally-accredited personal training and CPR/AED certifications.

We strive to provide an environment that allows our members and guests to focus on their own personal wellness.

WHAT WE OFFER

The Capitol Hill Fitness Center offers over 6,500 square feet of fitness space to include:

- Treadmills, Ellipticals & Bicycle Cardiovascular Machines
- Selectorized Weight Machine Circuit
- Free Weights
- Functional Fitness Training Space
- Complete Group Exercise Schedule to include Indoor Cycling, TRX, Zumba, Pilates, Body Flex, Yoga, Bootcamp & More
- Locker Rooms with Shower Facilities
- Free Biometric Screenings
- Free Wi-Fi Hot Spot
- Free Equipment Orientations
- Special Programming to include lunch & learns, incentive programs & More

Membership Fees

Month to Month	\$34.99
12 Month Contract	\$24.99/Month
10 Group Ex. Pass ONLY	\$25
Daily All Access Pass	\$7/day
Single Group Ex Pass	\$3
Locker Rental	\$10