Capitol Hill Fitness Center
Group Exercise Schedule
DECEMBER 2015

		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
7:00a		**Sunrise Yoga** Liz		**Triple "X" Bootcamp** Xavier		**Triple "X" Bootcamp** Xavier	
11:00a			**Dance Fit** LaTanya				
11:30a		**Body Flex** Kimberly/Susanne	**Kickboxing** L'laina	**Pilates** Effie	**Body Flex** Carmen		
12:15p		**Step** Susanne	**Yoga** Effie	**Indoor Cycle** Ebony	**Yoga** Huriyyah	**TGIF Dance Party*** Daniel	***Class begins at 12:30p. New attendees please come at 12:15p.**
1:15p					**Dance Party Instruction Class** Daniel		
4:15p			**Body Flex** Floyd	**TreadStrong** Brianna			
5:15p		**Body Flex** Effie	**Tabata 25** Shan	**Body Flex** Effie	**Tabata 25** Brianna		

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)!

Get an early start on your 2016 fitness goals! Become a member of Capitol Hill Fitness Center to begin your journey to fitness.

Capitol Hill Fitness Center

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

Fitness Center Manager
Effelene Blackwell
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For information on
DPH Worksite Wellness
Programs contact:

DPH Worksite Wellness
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Georgia Department of Public Health