

# Capitol Hill Fitness Center

## Group Exercise Schedule

### DECEMBER 2016



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
7:00a	<b>Boot Camp</b> Chandler	<b>Ride &amp; Shine</b> Katie	<b>Boot Camp</b> Chandler	<b>Tabata 25</b> Carmen	<b>BodyFlex Strength</b> Chandler	
11:30a	<b>Body Flex</b> Kimberly	<b>Dance Party</b> <sup>Δ</sup> L'laina/LaTanya	<b>POP Pilates</b> <sup>™</sup> Gianna	<b>Body Flex</b> Kimberly	<b>Cycle</b> Ebony	
12:15p	<b>Kickboxing</b> Kim	<b>Yoga</b> Liz	<b>Cycle</b> Ebony	<b>Yoga</b> Huriyyah	<b>TGIF Dance Party</b> <sup>Δ</sup> * <b>Genesis</b> <b>Take 5</b> <sup>Δ</sup> Shan <b>*Class will start at 1:30p</b>	*Class begins at 12:30p. New attendees please come at 12:15p.
1:15p						<sup>Δ</sup> Denotes FREE class for ALL state employees.
4:15p	<b>Pilates Core Fusion</b> Brianna	<b>Body Flex</b> Floyd	<b>Cycle</b> Carmen	<b>Step</b> Floyd		
5:15p	<b>Body Flex</b> Shan	<b>Jillian Michael's BodyShred</b> <sup>®</sup> Brianna	<b>Body Flex</b> Shan	<b>Jillan Michael's BodyShred</b> <sup>®</sup> Brianna		

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  
Chandler Winner  
Chandler.Winner@dph.ga.gov

For information on  
DPH Worksite Wellness Programs  
contact:

Worksite Wellness Coordinator  
Carmen Daniel  
Carmen.Daniel@dph.ga.gov  
404-463-0382  
10-250

**Tower Power is back on! Wednesday's at 4:15pm. Meet in the Fitness Center around 4:10pm to meet with the group**

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)!

