

# GROUP FITNESS SCHEDULE

## JULY

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	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
11:30 - 12:15 p	<b>Body Flex</b> Kimberly	<b>Boxing Bootcamp</b> Chandler	<b>Muscle Pump</b> Chandler	<b>Body Flex</b> Carmen	<b>Boxing Bootcamp</b> Chandler
12:15 - 1:00 p	<b>Step</b> Kim	<b>Yoga *</b> Lana	<b>Cycle</b> Audrey	<b>Yoga*</b> Sid	<b>Namaste' *</b>
1:00 - 1:30 p (30 minutes)	<b>HIIT</b> Chandler	<b>Kettlebell Strong</b> Inas	<b>Fit4Life</b> (Fifty + Fit) Audrey	<b>Dance Break</b> Audrey	<b>Mobility 101</b> Jenna
4:15 - 4:45 p (30 minutes)	<b>Pilates *</b> Carmen	<b>Meditation *</b> Yemi	<b>Bootcamp</b> Chandler	<b>Step</b> Floyd	
5:15 - 6:00 p	<b>Body Flex</b> Jenna	<b>Rip &amp; Ride</b> Audrey	<b>In the Zone</b> Jenna	<b>Train W/ A Trainer</b> Audrey	



ALL CLASSES ARE HELD IN THE 2ND FLOOR GROUP EX ROOM.  
 CYCLE BIKES ARE FIRST COME, FIRST SERVE  
 \* DENOTES FREE CLASSES TO ALL STATE EMPLOYEES.

**FITNESS CENTER MANAGER**  
**CHANDLER.WINNER@DPH.GA.GOV**