

GROUP FITNESS SCHEDULE

JULY

DPH.GEORGIA.GOV/CAPITOLHILLFITNESS
 404.232.1573
 DPH-CAPITOLFITNESS@DPH.GA.GOV



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
11:30 - 12:15 p	Body Flex Kimberly	Dance Break Audrey	Yoga Fusion Brianna	Body Flex Audrey	Cycle Katie
12:15 - 1:00 p	Step & Pump Kim	Yoga Guest Instructor	Cycle Carmen	Pilates Brianna	TGIF Dance Genesis
1:00 - 1:30 p (30 minutes)	Cycle Chandler	Turbo Kick Brianna/Chandler	Butts & Guts Llaina	HIIT Audrey	
4:15 - 5:00 p	Yoga Guest Instructor	Cycle Carmen	Bootcamp Brianna	Step Floyd	
5:15 - 6:00 p	Body Sculpt Chandler	Pump It Up Brianna	Body Sculpt Chandler	Train W/ A Trainer CHFC Staff	

CLASS DESCRIPTIONS

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Bootcamp: We want to keep you guessing – and challenge you differently in every class! Workouts are designed to improve your overall fitness – strength, cardio, flexibility, agility and endurance! Have fun – work hard!

Turbo Kick: One of the most popular cardio kickboxing classes in the country, Turbo Kick is a fun, high energy class that can be performed by anyone regardless of fitness level. It is a great way to achieve maximum results in a short amount of time. Perform high intensity intervals combined with classic kickboxing maneuvers.

Step & Pump: An interval class that mixes step aerobics and strength training in one incredible workout. A great choice for someone who doesn't have 2 hours to spend in the gym!

Cycle: Get ready for the ride of your life and kick your workouts into high gear! Each session can burn 400+ calories! Guaranteed to make you sweat this 45 minute class is for all levels. Bikes are on first come first serve basis.

HIIT: "High Intensity Interval Training" has been scientifically proven to be the most effective way to pack in a high caloric, fat burning workout in a short period of time. In this class, your heart rate will be on a 30 minute roller coaster, and when you leave, your metabolic rate will be through the roof for the next 24 hours.



Pump It UP: This is not your average group exercise class! If you are looking for a resistance class that will build and tone muscle like never before, come join us! Every class will focus on a different muscle group, that can teach you how to take your own workouts to a new level!!

Body Sculpt: This total body strength training workout uses barbells, dumbbells, and various resistance training equipment to achieve maximum strength benefits. Shape and sculpt your body in this effective format. This class is appropriate for everyone.

Butts & Guts: Work your hips, thighs and butts and your core muscles all during this toning workout! The focus is on your lower body including abdominal work. Plus you will use balance and stability to tone and strengthen.

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Dance Break - FREE FOR ALL

EMPLOYEES: Take a break from your busy work week, and come dance away your stress! This fitness class includes several different styles of dance including Latin, Hip Hop, and Bollywood.

TGIF Dance Party- FREE FOR ALL

EMPLOYEES: Come get your groove on, this fitness party is designed for all levels and is a laid back, funky, booty shaking workout. Bring your own style!

Pilates - FREE FOR ALL

EMPLOYEES: This popular mat workout developed by Joseph Pilates concentrates on core strength, body alignment and muscular balance without adding bulk. If you are looking for that long, lean dancer body, this is the class for you!

Yoga- FREE FOR ALL EMPLOYEES:

A regular yoga practice will help transform your mind and body, ultimately helping you find inner calmness and peace. Enhance your strength, balance, flexibility and stability. Leave feeling stronger and more centered. Just breathe... OM.

Step: An awesome cardiovascular workout utilizing a step bench, adaptable from 4 – 8 inches from the floor. This class will teach the basic building blocks of step and is suitable for all levels.

Yoga Fusion: This is a class that fuses together two of the most popular mind/body disciplines – yoga and Pilates. If you are looking to get the most out of your workout, fusion classes are for you!

Body Flex: A class that is sure to give you a full body strength workout. This class uses the beat of the music to give you the rhythm to pump it out! Great for all levels.

Train with a Trainer: Ever wondered how your trainer works out? Come challenge your own fitness staff in this class where you train together. Custom-made, exciting workouts are for all fitness levels. Show 'em what you got!

