

Capitol Hill Fitness Center Group Exercise Schedule JUNE 2015



**Capitol Hill
Fitness Center**

| | | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | |
|--------|--|---------------------------------|------------------------------|--|--|--|--|
| 7:00a | | Bootcamp Kimberly | Indoor Cycle Effie | Triple "X" Bootcamp Xavier | Indoor Cycle Effie | Triple "X" Bootcamp Xavier | |
| 11:00a | | Pilates Carmen | Ab Lab Xavier | Butts and Guts! Carmen | Ab Lab Carmen | | |
| 11:30a | | Body Flex Carmen | Kickboxing L'laina | Pilates Carmen | Body Flex Kimberly | Step & Flex Kim | |
| 12:15p | | Step Kim | Tai Chi Gwenyth | Indoor Cycle Ebony | Yoga Effie | 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 | | Vibrant Hoops Gwenyth | Body Flex Floyd | Dance Fit LaTanya | Dance Fit L'laina | | |
| 5:15p | | Body Flex Effie | Tabata 25 Carmen | 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)!

Summer is here! Take advantage of Capitol Hill Fitness Center's Summer Personal Training Special: 6, 30 minute sessions for \$99. Initial session is a complimentary session that includes an indept Fitness Assessment!

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:

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