

GROUP FITNESS SCHEDULE

JUNE

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



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

11:30 - 12:15 p

Body Flex
Carmen

Move It *
Audrey

Muscle Pump
Jasmine

Body Flex
Inas

Cycle
Heather

12:15 - 1:00 p

Step
Kim

Yoga *
Sid

Cycle
Heather

Yoga *
Lana

Namaste' *
CHFC Staff

1:00 - 1:30 p
(30 minutes)

Fifty + Fit
Jasmine

Bootcamp
Chandler

Fifty + Fit
Jasmine

Fifty + Fit
Chandler

Zumba *
Laura

4:15 - 5:00 p

Yoga *
Lana

Body Flex
Jasmine

Tabata
Jenna

Step
Floyd

5:15 - 6:00 p

Body Flex
Jenna

Rip & Ride
Audrey

Body Flex
Audrey

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! You will have fun, but be prepared to work hard!

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.

Muscle Pump: Do you want to hit a specific muscle group each week? If so, this is the class to attend! In Muscle Pump, we target certain muscle groups each class to give the "pump". This will help you increase muscle mass and strength. Be ready for a challenge!

Fifty + Fit - REGISTRATION REQUIRED: Fifty + Fit is designed to service our aging workforce who are over 50 years of age by focusing on balance, strength, and agility. This pilot study encompasses all the strategies in maintaining the necessary skills to improve your quality of life as your body naturally says otherwise.

Rip & Ride: How should you be spending your precious workout time? Doing strength training or cardio exercise? WHY CHOOSE? This class combines weight lifting with cycle class to get you the burn you need at the end of the day.

Body Flex: 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.

Tabata: Similar to Interval training, this workout is designed to improve anaerobic and aerobic fitness. This class uses extreme exercises by completing 20 seconds of work followed by 10 seconds of rest, typically repeated 8 times or 4 minutes. You better come ready to work!



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Move It- FREE FOR ALL EMPLOYEES: Take a break from your busy work week, and MOVE IT. This fitness class includes several different styles of dance including Latin, Hip Hop, and Bollywood. All levels of experience are welcome!

ZUMBA® - FREE FOR ALL EMPLOYEES: Take the "work" out of workout by mixing low-intensity and high-intensity moves for an exhilarating, easy-to-follow, calorie-burning dance fitness party. This Latin-inspired class combines all elements of fitness--cardio, muscle conditioning, balance, flexibility, boosted energy...and a serious dose of awesome each time you leave class! Join the dance party--you've got nothing to lose but calories!

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 structured by your own fitness center staff. Show us what you got!

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.

Namaste' - FREE FOR ALL EMPLOYEES: Had a hard, stressful week? Use this times to meditate however you wish. Soothing music is provided so you can go through your own yoga routine, stretch, or sit silently and clear your mind of all your stresses.

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.

