

# Capitol Hill Fitness Center Group Exercise Schedule

## JUNE 2016



**Capitol Hill  
Fitness Center**

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
7:00a	<b>Pilates</b> Carmen	<b>Cycle &amp; Core</b> Jason	<b>Power 60</b> Carmen	<b>Ultimate Stretch</b> Jason	<b>Power 60</b> Jason	
11:30a	<b>Body Flex</b> Shan	<b>Dance Party</b> <sup>Δ</sup> L'laina	<b>Pilates</b> Carmen	<b>Body Flex</b> Shan	<b>Indoor Cycle</b> Ebony	
12:15p	<b>Step</b> Kim	<b>Yoga</b> Liz	<b>Indoor Cycle</b> Ebony	<b>Yoga</b> Huriyyah	<b>TGIF Dance Party</b> <sup>Δ</sup> * Daniel	*Class begins at 12:30p. New attendees please come at 12:15p.
1:15p				<b>"Get Served"</b> <sup>Δ</sup> Daniel		<sup>Δ</sup> Denotes FREE class for ALL state employees.
4:15p	<b>Core Fusion</b> Brianna	<b>Body Flex</b> Floyd		<b>Step</b> Floyd		
4:30p	<b>Tower Power</b> <sup>Δ</sup> Floyd/James		<b>Strive to Stride</b> <sup>Δ</sup> Shan/Floyd			
5:15p	<b>Body Flex</b> Carmen	<b>Jillian Michael's BodyShred</b> <sup>®</sup> Brianna	<b>Body Flex</b> Carmen	<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

For information on  
DPH Worksite Wellness Programs  
contact:

DPH Worksite Wellness Interim  
Coordinator  
Carmen Daniel  
404-463-0382  
10-250

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)!

***Kick off the summer with CHFC; our Personal Training Special is back! \$99 for 6, 30 minute sessions. This package also includes a FREE comprehensive fitness testing session. 7 sessions total!***

