

Capitol Hill Fitness Center Group Exercise Schedule

MARCH 2016



**Capitol Hill
Fitness Center**

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
7:00a	Power 60 Dean	Cycle & Core Effie	Power 60 Dean	Butts & Guts Carmen	Power 60 Dean	
11:30a	Body Flex Kimberly/Susanne	Dance Party^Δ L'laina	Pilates Effie	Body Flex Carmen	Cycle & Core Ebony	
12:15p	Step Susanne	Yoga Effie	Cycle & Core Susanne	Yoga Huriyyah	TGIF Dance Party^Δ * Daniel	*Class begins at 12:30p. New attendees please come at 12:15p.
1:15p				"Get Served"^Δ Daniel		^Δ Denotes FREE class for ALL state employees.
4:15p	Hip Hop Fusion LaTanya	Body Flex Floyd	Core Fusion Brianna	Step Floyd		
4:30p	Tower Power^Δ Floyd/James		Tower Power^Δ Floyd/James			
5:15p	Body Flex Effie	Jillian Michael's BodyShred[®] Brianna	Body Flex Effie	Jillan Michael's BodyShred[®] Brianna		

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)!

CHFC now offers FREE Group Exercise Classes for all state employees. Tower Power, Get Served, Dance Party and the TGIF Dance Party are FREE for all state employees!

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
effelene.blackwell@dph.ga.govs

For information on
DPH Worksite Wellness
Programs contact:

DPH Worksite Wellness
Coordinator
E. Susanne Koch
404-657-2566
10-245



BodyFlex: This total body strength-training workout uses a plate-loaded barbell to achieve maximum resistance benefits. Shape and sculpt your body in this effective format. This class is appropriate for everyone.

Butts and Guts: This 30 minute class is quick blast for the buns and core! This class is for all levels.

Core Fusion- A hybrid Mind & Body class combining both Yoga and Pilates, designed to improve flexibility and strengthen your core.

Cycle & Core- This 2 for 1 class is 30 minutes of a heart pumping endurance ride with climbs and sprints followed by a 15-minute intense abdominal workout! Guaranteed to make you sweat; this 30 minute class is for all levels. Bikes are on a first come first serve basis and limited to 10 members per class!

Dance Party- FREE TO ALL STATE EMPLOYEES. A high-energy dance workout infused with dance moves designed to make you sweat while still having fun! All state employees are welcome to join this party for a great cardio workout.

Dance Party Instructional Class: Be prepared for the party on Friday with this instructional class. Dances/line dances are taught step by step for newcomers to the TGIF Dance Party.

"Get Served": "Get Served", you're on for a challenge! Bring your co-workers and friends to this advanced line dancing class! This class is free for all state employees!

Hip Hop Fuego- Who says that cardio has to be boring? Fuego is Spanish for FIRE! Heat up your workout routine with this 45 minute combination of Zumba® inspired and hip-hop moves.

Jillian Michael's Body Shred®- A high intensity and endurance based 30 minute workout utilizing Jillian Michael's 3-2-1 interval approach. You will shred fat, define muscles, transform the entire look of your physique and dramatically enhance your overall athletic performance.

Pilates: Designed to strengthen from the inside out, this class will use the fit ball or basic mat exercises to develop the core musculature and promote efficient movement through corrective exercise. Based on the methods of Joseph Pilates, this class is designed for all levels.

Power 60- This class has it all! 60 minutes of endurance, resistance training, and core strengthening; Power 60 will challenge you and tone your body. Transform yourself to the new you with this body sculpting workout!

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.

Tower Power- Join us as we climb the floors of 2 Peachtree! A great way to strengthen your heart and lungs, burn calories and get in a free workout! **This class is FREE to all state employees!!** Raise your fitness level one step at a time!

TGIF Dance Party: 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!

Yoga: Improve circulation, flexibility and energy through this foundational yoga class which combines relaxation with soft tissue lengthening and strengthening. Great for all levels!