

# GROUP FITNESS SCHEDULE

## OCTOBER

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



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
11:30 - 12:15 p	<b>Body Flex</b> Kimberly	<b>Boxing Bootcamp</b> Chandler	<b>Muscle Pump</b> Teresa	<b>Tone Together</b> Teresa	<b>Muscle Pump</b> Teresa
12:15 - 1:00 p	<b>Step</b> Kim	<b>Yoga *</b> Jenna	<b>Cycle</b> Jenna	<b>Yoga*</b> Sid	<b>Namaste' *</b>
1:00 - 1:30 p (30 minutes)	<b>HIIT</b> Chandler	<b>Kettlebell Strong</b> Inas	<b>Fit4Life (Fifty + Fit)</b> Chandler	<b>Dance Break</b> Audrey	<b>Mobility 101</b> Audrey
4:15 - 4:45 p (30 minutes)	<b>Ab Lab</b> Chandler	<b>HIIT</b> Jenna	<b>Meditation</b> Lana	<b>Step</b> Floyd	
5:15 - 6:00 p	<b>Body Flex</b> Jenna	<b>Rip &amp; Ride</b> Audrey	<b>Body Flex</b> Audrey	<b>Train W/ A Trainer</b> Audrey	



ALL CLASSES ARE HELD IN THE 2ND FLOOR GROUP EX ROOM.  
 CYCLE BIKES ARE FIRST COME, FIRST SERVE  
 \* DENOTES FREE CLASSES TO ALL STATE EMPLOYEES.

**FITNESS CENTER MANAGER**  
**CHANDLER.WINNER@DPH.GA.GOV**

# CLASS DESCRIPTIONS

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**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 all levels.

**Kettlebell Strong:** This introductory kettlebell class teaches you the basics of kettlebell lifting. Broaden your fitness horizon by improving your strength, mobility, or stability with different size kettlebells.

**Fit4Life (aka 50 + Fit):** This format is designed focusing on balance, strength, and agility. This class has proven success and encompasses strategies in maintaining the necessary functional movement skills to improve your quality of life.

**Tone Together:** This new class targets all muscle groups for a full body "toning" workout with a partner. Challenge your cardiovascular and muscular endurance with your workout buddy to get your gains.

**Mobility 101:** In order to perform at a high level, your body needs to work with high efficiency within its joints. Take this low intensity class to better prepare your body to perform higher level exercises in other classes. This class takes you through different stretches for your overused joints such as the ankle, hip, and shoulder.

**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!



CAPITOL HILL  
Fitness Center

ALL CLASSES ARE HELD IN THE 2ND FLOOR GROUP EX ROOM.  
PLEASE BE DRESSED IN APPROPRIATE ATHLETIC ATTIRE.



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**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!

**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.

**HIIT:** High Intensity Interval Training has been proven to have a significant effect on fat loss if performed correctly. Come ready to send your heart on a roller coaster for the next 30 minutes.

**Dance Break:** Learn the basic fundamentals and more from your traditional and modern dances like hip hop, Latin, and balli. These moves won't take long to get you a little winded. So come make your body work and give your brain a break!

**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.

**Boxing Bootcamp:** This high intensity type of training is a great way to get your heart rate through the roof. We will be moving at a fast pace by focusing on basic moves of boxing and kickboxing. Get ready to throw some jabs, hooks, and kicks if you want to make it through this class.

**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.

**Meditation:** Deep meditation has been proven to reduce pain, anxiety, and high blood pressure as well as and improve digestive health. Utilize this class so you can leave your work at work and enjoy the evening stress free!

