

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	Body Flex Kimberly	Dance Break * Audrey	Muscle Pump Chandler	Body Flex Jasmine	Cycle Heather
12:15 - 1:00 p	Step Kim	Yoga * Sid	Cycle Heather/Carmen	Yoga * Lana	Namaste' * CHFC Staff
1:00 - 1:30 p (30 minutes)	Butts & Guts Jasmine	Bootcamp Chandler	HIIT Jasmine	Mobility 101 CHFC Staff	Dance Break* Audrey
4:15 - 5:00 p	Rip & Ride Carmen	Body Flex Jasmine	Bootcamp Jenna	Step Floyd	
5:15 - 6:00 p	Body Flex Jenna	Rip & Ride Audrey	Body Flex Audrey	Train W/ A Trainer CHFC Staff	



ALL CLASSES ARE HELD IN THE 2ND FLOOR GROUP EX ROOM.
 * DENOTES FREE CLASSES.

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

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!

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.

Mobility 101: This 4-week educational class is designed to help you move better. We will discuss techniques to increase movement in specific joints in your body. Ultimately, moving better means you will perform better. This will not be reoccurring in the coming months, so take advantage now!

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.

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.

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!



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Dance Break - 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!

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.

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.

HIIT: "High Intensity Interval Training" has been scientifically proven to be the most effective way to pack in a high calorie burning workout in a short period of time. In this class, your heart rate will be on a 30 minute roller coaster, and when you leave, your metabolic rate will be through the roof for the next 24 hours.

