

Capitol Hill Fitness Center Group Exercise Schedule OCTOBER 2015



**Capitol Hill
Fitness Center**

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
7:00a	Sunrise Yoga Liz		Triple "X" Bootcamp Xavier		Triple "X" Bootcamp Xavier	
11:00a		Dance Fit LaTanya	Butts and Guts! Kim	Ab Lab Carmen		
11:30a	Body Flex Kimberly	Kickboxing L'laina	Pilates Effie	Body Flex Carmen	Step & Flex Kim	
12:15p	Step Susanne	Tai Chi Gwenyth	Indoor Cycle Ebony	Yoga Effie	TGIF Dance Party* Daniel	*Class begins at 12:30p. New attendees please come at 12:15p.
1:15p				Dance Party Instruction Class Daniel		
4:15p	Indoor Cycle Effie	Body Flex Floyd	TreadStrong Brianna	Kickboxing Susanne		
5:15p	Body Flex Effie	Tabata 25 Shan	Body Flex Effie	Tabata 25 Brianna		

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.gov

For information on
DPH Worksite Wellness
Programs contact:

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

Please bring a mat or towel and water bottle with you to class!!! 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)!

New class at CHFC! Sunrise Yoga: Benefits of doing Yoga in the morning include creating a more peaceful, calm, and grounded day. Early morning Yoga may also boost your metabolism!

