

FITNESS SCHEDULE



ULTIMATE CLASSES

MON

5:45a - FitLine (FL) Grant
7:00a - FitLine (FL) Grant
10:00a - FitLine (FL) Isaiah
12:00p - LIFT! (FL) Grant
1:45p - TRX (FL) Brodney
5:30p - FitLine (FL) Isaiah

TUE

5:45a - FitLine (FL) Amir
8:15a - FitLine (FL) Amir
9:30a - HEAT (FC) Dawn
10:00a - FitLine (FL) Grant
5:30p - coreBarre (PS) Adrian

WED

5:45a - FitLine (FL) Grant
7:00a - FitLine (FL) Grant
8:30a - HEAT (FC) DeAnne
10:00a - LIFT! (FL) Grant
1:45p - FitLine (FL) Valerie
5:30p - FitLine (FL) Isaiah

THU

5:45a - HEAT (FC) DeAnne
8:15a - FitLine (FL) Grant
8:30a - HEAT (FC) Brodney
12:00p - FitLine (FL) Grant
5:30p - HEAT (FC) Susan

FRI

5:45a - FitLine (FL) Amir
7:00a - FitLine (FL) Amir
10:00a - FitLine (FL) Grant
1:45p - FitLine (FL) Isaiah

SAT

8:15a - FitLine (FL) Grant
9:15a - FitLine (FL) Grant
10:15a - Yoga for Athletes (FL) JP

SUN

9:00a - coreBarre (FINE) Adrian
9:00a - FitLine (FL) Jack
10:00a - FitLine (FL) Jack

PREFERRED MEMBERSHIP CLASSES

MONDAY

5:45a - Studio Cycle (CS) David
8:30a - BodyPump (GF) Michelle
8:00a - Zumba (GYM) Brodney
9:45a - Core Intervals (GF) Brodney
11:00a - Yoga (GF) Kathryn
12:15p - BodyPump (GF) Susan
4:20p - Core Motion (GF) Rachael
5:25p - BodyCombat (GF) DeAnne
6:30p - BodyPump (GF) Cara
6:30p - Studio Cycle (CS) Renae

TUESDAY

6:00a - BodyPump (GF) Renae
8:30a - BodyVive (GF) Maureen
9:45a - Low & Light (BR) Maureen
9:45a - BodyStep (GF) Cara
11:00a - CXWorx (BR) Grant
12:15p - Yoga (GF) Jill
1:45p - Rev Cycle (CS) Rachael
4:20p - BodyFlow (GF) Cara
5:25p - BodyPump (GF) DeAnne
6:30p - ZumbaSculpt (GF) Brodney
7:35p - Yoga (GF) Adrian

WEDNESDAY

5:45a - Studio Cycle (CS) Phil
6:00a - Sunrise Yoga (LAKE) JP
8:30a - Core Motion (GF) Dana
9:45a - BodyPump (GF) Cara
11:00a - Yoga (GF) Kathryn
12:15p - SuperSculpt (GF) Dana
4:20p - BodyCombat (GF) Jay
5:25p - BodyStep (GF) Dana
6:30p - BodyPump (GF) Susan
6:30p - RPM Plus (CS) Katherine

THURSDAY

5:35a - Strength Cycle (CS) Jen
6:00a - BodyPump (GF) Kris
7:15a - BodyFlow (GF) Cara
8:30a - BodyPump (GF) Michelle
9:45a - Zumba (GF) Brodney
9:45a - BodyCombat (BR) DeAnne
11:00a - Tai Chi (GF) Shane
12:15p - Yoga (GF) Susan Goff
4:20p - Mat Pilates (GF) Karen
5:25p - BodyFlow (GF) Karen
6:30p - Sh'Bam (GF) Katrina
7:35p - BodyFlow (GF) Katrina

FRIDAY

5:45a - Studio Cycle (CS) Donna
8:30a - BodyStep (GF) Dana
9:45a - BodyPump (GF) DeAnne
11:00a - Yoga (GF) Kathryn
12:15p - Yoga (GF) JP
4:30p - BodyStep (GF) Susan

SAT

8:30a - RPM Plus (CS) Renae
9:00a - BodyPump (GF) Michelle
10:00a - BodyStep (GF) Car/Dan
11:00a - BodyFlow (GF) Car/Lib
12:05p - BodyPump (GF) Mau/Kat
1:15p - BodyFlow (GF) Karen

SUN

8:30a - Studio Cycle (CS) Allison
9:45a - StrengthCycle (CS) Jen
10:15a - SuperSculpt (GF) Adrian
11:25a - BodyFlow (GF) Jill
12:35p - BodyPump (GF) Renae

TAKE THE TRAINING WHEELS OFF



ATTACK-STEP: Format alternates every other week. Speak with instructor for schedule. (See "BODYATTACK" & "BODYSTEP" descriptions for details)

BODYATTACK: High-energy, with moves that cater from beginners to addicts and gets you fit for the sport of life.

BODYCOMBAT: high-energy, martial arts-inspired, non-contact workout. Punch, kick and strike your way to fitness.

BODYFLOW: Yoga-based class that improves your mind, body, and life. Strengthen your body and leave feeling calm and centered.

BODYPUMP: The full-body weights workout, PUMP is for anyone looking to get lean, toned and fit- FAST.

BODYSTEP: Full-body cardio to really tone your butt and thighs. Burn calories and leave buzzing with satisfaction.

BODYVIVE: The optimal mix of strength, cardio, and core training.

CAMP CORE : 60-minute class split right in half: half Insanity-style cardio drills, half CX-WORX. (See 'CX-WORX' description for details)

CORE MOTION: Build muscular & cardio strength using medicine balls, gliding discs, tubing, body bars, and your own body. All exercises focus on your core and the major muscles of your body.

CX-WORX: Exercising muscles around the core of your body, CX provides the vital ingredient for a stronger, leaner body.

LOW & LIGHT: low impact for all fitness levels. First half includes low-impact cardio. The second half includes sculpting with weights, bands and/or body weight.

MAT PILATES: Focuses on the core muscles that balance the body, awareness of breath and alignment of the spine. Can help ease or prevent back pain.

REV CYCLE: You don't have to be a cyclist to benefit from the calorie burn of the Cycle Studio. Rev Cycle is high energy, fast-paced fun for all members. Experience heart pumping hills, high intensity drills and all out sprints. Light weights will be used in class to beat your muscles into submission (45 min).

RPM: indoor cycling set to the rhythm of motivating music. Burn calories and get fit fast (45 min).

RPM PLUS: 60-minute version of RPM (See 'RPM' description for details).

SH'BAM: A fun, insanely addictive dance workout. SH'BAM is an ego-free zone- no dance experience required.

STRENGTH CYCLE : Torch calories with a 30-min ride. Then enjoy a 30-min strength class to strengthen & lengthen your riding muscles targeted during the ride. You can wear cycling shoes (to clip in) for the ride, then transition to athletic shoes for exercises off the bike.

STUDIO CYCLE: Here is your opportunity to burn max calories in 60 minutes! Rolling hills, tough steep climbs, flat roads and high speed interval training...anything goes in our updated Indoor Cycle Studio!

SUNRISE YOGA: Gentle flow to wake you up and get you going and flowing into the rest of your day (45 min).

SUPER SCULPT: A workout guaranteed to strengthen and challenge you, using various resistance tools to sculpt & define the body.

TAI CHI : Tai Chi is the Chinese martial art that is practiced for health and longevity. Tai Chi is for beginners who desire greater balance, strength, clearer breathing & focus.

YOGA: Geared toward success for all students, yoga uses poses and breathing techniques for an intensely satisfying workout. Poses are performed standing, seated, and lying on a yoga mat.

ZUMBA: Burn calories by burning up the dance floor! Zumba fuses hypnotic latin rhythms and easy-to-follow moves to create a dynamic workout that will blow you away.

ZUMBASCULPT : 60-minute class split right in half: ZUMBA, then SUPERSCULPT (See ZUMBA & SSCULPT description for details)

Fitness Center Hours:

Monday-Thursday 5:30 AM-10:00 PM

Friday 5:30 AM-6:00 PM

Saturday 8:00 AM- 6:00 PM

Sunday 8:00 AM- 8:00 PM:

Co-Ed (8:00 am-6:00 pm)

Men Only (6:00- 7:00 pm)

Women Only((7:00- 8:00 pm)

Questions? Contact Us:

fitnessclasses@atlantajcc.org

or 678.812.4025

Sports Desk - 678.812.4020

Front Desk - 678.812.4000

Membership - 678.812.4060

YOU CAN VIEW THIS GROUP FITNESS
SCHEDULE ON-LINE:
www.atlantajcc.org

KidZone/ YouthZone Childcare:

Preferred and Ultimate Members receive 2
FREE hours daily of KidZone or YouthZone
childcare for all their children while
working out.

24-hour advanced reservations required.

678-812-3830 or

kidzone@atlantajcc.org

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