

# GROUP EXERCISE CLASSES

WEEKLY CLASS SCHEDULE – May 28 - June 30, 2023



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>Super Sculpt</b> <i>Michele</i> 9:00-10:00am Group Ex Studio	<b>BODYPUMP</b> <i>Renae</i> 6:00-7:00am Group Ex Studio	<b>Core Motion</b> <i>Dana</i> 8:45-9:45am Marcus Gym	<b>BODYPUMP</b> <i>Roz</i> 6:00-7:00am Group Ex Studio	<b>BODYSTEP</b> <i>Dana</i> 9:00-10:00am <b>Group Ex Studio</b>	<b>BODYSTEP</b> <i>Dana</i> 8:45-9:45am Marcus Gym	<b>BODYCOMBAT</b> <i>Danielle M</i> 9:45-10:45am Group Ex Studio
<b>BODYPUMP</b> <i>Susan</i> 12:30-1:30pm Group Ex Studio	<b>BODYSTEP</b> <i>Dawn</i> 8:45-9:45am <b>Group Ex Studio</b>	<b>BODYPUMP</b> <i>Danielle M</i> 10:05-11:05am Group Ex Studio	<b>BODYPUMP</b> <i>Allison</i> 9:45-10:45am Group Ex Studio	<b>BODYCOMBAT</b> <i>Danielle M</i> 9:45-10:45am <b>FitLine Studio</b>	<b>BODYPUMP</b> <i>Lynn</i> 10:00-11:00am Marcus Gym	<b>BODYPUMP</b> <i>Renae/Roz</i> 11am-12:00pm Group Ex Studio
<b>BODYSTEP</b> <i>Susan/Allison</i> 5:00-6:00pm Group Ex Studio	<b>BODYPUMP</b> <i>Lynn</i> 10:05-11:05am <b>Group Ex Studio</b>	<b>Super Sculpt</b> <i>Michele</i> 11:15-12:15pm Group Ex Studio	<b>Core Intervals-45</b> <i>Michele</i> 11:00-11:45am Group Ex Studio	<b>BODYPUMP</b> <i>Allison</i> 10:15-11:15am <b>Group Ex Studio</b>	<b>PLEASE NOTE:</b>  1. Reservations for all fitness classes must be made through MindBody for group exercise classes as there are capacity limits for all classes. Instructions can be found at <a href="http://atlantajcc.org/mindbody">atlantajcc.org/mindbody</a> .  2. Members will be required to wipe off all equipment they touch with provided wipes. You must bring your own yoga mat and any other ancillary equipment.  3. <b>Yellow</b> - denotes a change on the schedule.  4. <b>**Schedule is subject to change. See MindBody for the most up-to-date class</b>	
<b>BODYPUMP</b> <i>Kimberly</i> 6:15-7:15pm Group Ex Studio	<b>Zumba</b> <i>Sarah</i> 12:30-1:30pm <b>Group Ex Studio</b>	<b>BODYSTEP</b> <i>Dana</i> 5:00-6:00pm Group Ex Studio	<b>HIGH Fitness</b> <i>Victoria/Meghan</i> 12:00-1:00pm Group Ex Studio			
	<b>BODYPUMP</b> <i>Kimberly</i> 5:00-6:00pm Group Ex Studio					

# SMALL GROUP EXERCISE

WEEKLY CLASS SCHEDULE – May 28 - June 30, 2023



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
OPEN GYM 6:45-8:00am	OPEN GYM 6:45-8:00am	FitLine <i>Jen P</i> 5:35-6:35am	OPEN GYM 6:45-8:00am	OPEN GYM 6:45-8:00am	FitLine <i>Jen P</i> 9:00-10:00am	FitLine <i>Jen P</i> 10:15-11:15am
FitLine <i>Danny</i> 10:00-11:00am	HIIT BOXX <i>Jimi</i> 5:00-6:00pm	OPEN GYM 6:45-8:00am	HIIT BOXX <i>Jimi</i> 5:00-6:00 pm			
OPEN GYM 6:45-8:00pm	OPEN GYM 6:45-8:00pm	FitLine <i>Danny</i> 10:00-11:00am	OPEN GYM 6:45-8:00pm			
		FitLine Bootcamp <i>Reggie</i> 5:30-6:30pm				
		OPEN GYM 6:45-8:00pm				

## PLEASE NOTE:

1.Small Group Exercise classes are held in the **FitLine Studio** unless otherwise indicated.

2. Reservations for Small Group Exercise classe will be made through MindBody as there is a maximum of number of participants per class. Instructions can be found at [atlantajcc.org/mindbody](http://atlantajcc.org/mindbody).

3.

**Yellow** - Denotes a change to the schedule.

4. **\*\*Schedule is subject to change.** See MindBody for the most up-to-date class information.

Revised 5/24/2024

# MIND BODY CLASSES

WEEKLY CLASS SCHEDULE – May 28 - June 30, 2023



*Please note: In-person Mind Body classes take place in the **Group Exercise Studio**, unless otherwise indicated.*

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Vinyasa Flow Emily 11:15-12:15 pm	VIRTUAL Stability Core Karen 8:30-9:30am	VIRTUAL Mat Pilates with Props Karen 12:30-1:30 pm	VIRTUAL Mat Pilates Karen 4:30-5:30 pm	VIRTUAL BodyBalance Karen 8:00-9:00 am	VIRTUAL BodyBalance Karen 9:00-10:00 am	BodyBalance Jay 8:30-9:30am Group Ex Studio
VIRTUAL Yin Yoga Karen 12:30-1:30 pm	Yoga for Everyone Debra 11:15-12:15pm	Yoga for Everyone Laura 12:30-1:30 pm	VIRTUAL Yin Yoga Karen 5:45-6:45 pm	BodyBalance Lynn 11:30-12:30pm	BodyBalance Lynn 11:15-12:15 pm	Restorative Yoga Cindy 12:15-1:15pm
VIRTUAL Mat Pilates - 45 Karen 4:00-4:45 pm	BodyBalance Monika 6:15-7:15pm					
VIRTUAL Vinyasa Flow Karen 5:30-6:30 pm						

## PLEASE NOTE:

1. Reservations for ALL classes – including Virtual – must be made through MindBody for group exercise classes as there are capacity limits for all classes. Instructions can be found at [atlantajcc.org/mindbody](http://atlantajcc.org/mindbody).
2. Members will be required to wipe off all equipment they touch with provided wipes. You must bring your own yoga mat and any other ancillary equipment.
3. BodyBalance = Les Mills BodyFlow New name, same class!
4. When you register for a Virtual class, you will receive a Zoom link by email.
5. **Yellow** - Denotes a change to the schedule.
6. **\*\*Schedule is subject to change.** See MindBody for the most up-to-date class information.

Revised 5/24/2024

# CYCLE & HIIT STUDIO

WEEKLY CLASS SCHEDULE – May 28 - June 30, 2023



*Please note: All cycling classes take place in the Lillie Silver Axelrod Cycle & HIIT Studio.*

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>Spin 45</b> <i>Jen P</i> 5:35-6:20am		<b>Studio Cycle</b> <i>Michele</i> 10:15-11:00am	<b>RPM</b> <i>Allison</i> 8:45-9:30am	<b>Cycle HIIT - 60</b> <i>Jen P</i> 5:35-6:35am		<b>Spin 45</b> <i>Jen P</i> 9:30-10:15am
<b>RPM</b> <i>Kevin</i> 11:30-12:15pm						

## PLEASE NOTE:

1. Reservations for all fitness classes must be made through MindBody for group exercise classes as there are capacity limits for all classes. Instructions can be found at [atlantajcc.org/mindbody](http://atlantajcc.org/mindbody).
2. Members will be required to wipe off all equipment they touch with provided wipes. You must bring your own yoga mat and any other ancillary equipment.
3. **Yellow** - Denotes a change to the schedule.
4. **\*\*Schedule is subject to change.** See MindBody for the most up-to-date class information.

Revised 5/24/2024

# CLASS DESCRIPTIONS



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

**BODYPUMP:** Barbell workout for anyone looking to get lean, toned and fit. Use light to moderate weights with lots of repetition to get a total body workout.

**BODYSTEP:** BODYSTEP™ is a full-body cardio workout to really tone your butt and thighs. You can expect a mixture of upbeat, rhythmic stepping, with squat and lunge patterns to work the legs. Weight plate exercises are also utilized to work the upper body. Options available for all fitness levels.

**Core Intervals (45 min):** Short bursts of intense cardio and strength training to boost your metabolism, increase your anaerobic threshold, and build overall strength. Prepare to work hard, but have fun!

**Core Motion:** Through cardio and strength, focus on your core and major muscle groups using medicine balls, gliding discs, tubing, body bars, and body weight.

**HIGH Fitness:** A fun fitness class that incorporates interval training with pop music and high-energy, easy-to-follow fitness choreography.

**Super Sculpt:** Guaranteed to strengthen and challenge you using various resistance tools to sculpt and define.

**Zumba:** Combine different dances to create a dynamic workout for people of all fitness levels and age groups

**CYCLE HIIT (60 min):** Target multiple muscle groups for an efficient and effective total body workout. Alternate between spinning drills and floor work (cardio, strength training and functional moves).

**RPM:** This is the indoor cycling workout where you take on the terrain with your inspiring team coach who leads the pack through hills, flats, mountain peaks, time trials, and interval training.

**SPIN 45:** Burn max calories with rolling hills, steep climbs, flat roads, and high speed interval training.

**BODYBALANCE:** Bend and stretch through a series of simple yoga moves and embrace elements of Tai Chi and Pilates.

**Mat Pilates (with or without props):** Focuses on core muscles that balance the body, awareness of breath and alignment of the spine. Can help ease or prevent back pain.

**Restorative Yoga:** A slow-paced yoga practice that prioritizes balance and healing. Restorative Yoga will boost mindfulness, relieve stress, increase flexibility and balance the nervous system.

**Stability Core:** Join us for the 1hr Core Stability Ball class. Incorporating both Traditional Pilates movements w/ ab movements you will engage all aspects of your core region.  
\*You will need a stability ball for this class\*

**Tai Chi:** A Chinese martial art practiced for health and longevity; perfect for beginners who desire balance, strength, & focus.

**Vinyasa Flow:** A mixture of strength and cardio without losing the mindful essence of yoga. The perfect combo for all yoga lovers.

**Yin Yoga:** Hold floor poses for extended periods of time to develop a deeper awareness of your body and breathing.

**Yoga for Everyone:** Experience a gentle flow yoga practice appropriate for those returning to physical movement after time away; also great for beginners.

**FITLINE™:** Functional fitness provides all fitness levels with strength, stability, power, and endurance through basic functional movement like pushing, pulling, squatting, rotating, etc. Based on strength training via circuit training or rounds.

**FITLINE Bootcamp:** Functional fitness provides all fitness levels with strength, stability, power, and endurance through HIIT training with lots of cardio and body weight movements like burpees, jump lunges, and box jumps.

**HIIT BOXX:** Interval training, alternating short periods of intense anaerobic exercise with less intense recovery periods, mixed with boxing techniques using punching bags.

## Legend:

Magenta - Group Exercise Class

Yellow - Cycle HIIT Class

Green - Mind Body Class

Blue - Small Group Exercise Class

Revised 5/24/2024

# SilverSneakers®

WEEKLY CLASS SCHEDULE – May 28- June 30, 2023



*Renew Active™ members have access to SilverSneakers® classes. Unless noted, SilverSneakers® classes are held in the FitLine Studio. SilverSneakers® and Renew Active™ gym hours are 10:00 am-6:00 pm.*

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>VIRTUAL</b> SilverSneakers CLASSIC <i>Karen</i> 10:30-11:30am	<b>VIRTUAL</b> SilverSneakers YOGA <i>Karen</i> 10:00-11:00am	<b>VIRTUAL</b> SilverSneakers CIRCUIT <i>Karen</i> 10:30-11:30am	<b>VIRTUAL</b> SilverSneakers PILATES <i>Karen</i> 10:30-11:30am	<b>VIRTUAL</b> SilverSneakers CLASSIC <i>Karen</i> 10:30-11:30am	<b>VIRTUAL</b> SilverSneakers YOGA <i>Karen</i> 10:15-11:15am	
<b>SilverSneakers</b> CLASSIC <i>Sheila</i> 11:30-12:30pm	<b>VIRTUAL</b> SilverSneakers YOGA <i>Karen</i> 11:15-12:15pm	<b>SilverSneakers</b> CLASSIC <i>Jimi</i> 11:30-12:30pm		<b>SilverSneakers</b> CIRCUIT <i>Bryan</i> 12:15-1:15pm	<b>VIRTUAL</b> SilverSneakers YOGA <i>Karen</i> 11:30-12:30pm	
<b>SilverSneakers</b> CIRCUIT <i>Jeff</i> 12:45-1:45pm	<b>SilverSneakers</b> TAI CHI <i>Jimi</i> 11:15-12:00pm	<b>HYBRID CLASS!</b> SilverSneakers TAI CHI <i>Jimi</i> 12:45-1:30pm <i>FitLine &amp; ZOOM</i>				
	<b>SilverSneakers</b> CIRCUIT <i>Jimi</i> 12:15-1:15pm					

## WATER FITNESS

WEEKLY CLASS SCHEDULE – May 28 - June 30, 2023

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>Aqua Fit</b> <i>Jimi</i> 9:00-9:45am	<b>Aqua Fit</b> <i>Gail</i> 9:00-9:45am	<b>Aqua Fit</b> <i>Gail</i> 9:00-9:45am	<b>Aqua Fit</b> <i>Bryan</i> 9:00-9:45am	<b>Aqua Fit</b> <i>Bryan</i> 9:00-9:45am		
<b>Aqua Fit</b> <i>Jimi</i> 12:15-1:00pm	<b>Aqua Fit</b> <i>Bryan</i> 1:00-2:00pm		<b>Aqua Fit</b> <i>Jimi</i> 12:15-1:00pm	<b>SilverSneakers</b> Splash <i>Bryan</i> 10:15-11:15am		

### PLEASE NOTE:

1. Reservations must be made through MindBody for Aqua Fit classes as there is a maximum number of participants per class. Instructions for using Mindbody can be found at [atlantajcc.org/mindbody](http://atlantajcc.org/mindbody).
2. After the class is finished, members will need to exit the pool area unless they have an additional lane reservation.
3. **Yellow** - Denotes change to the schedule. **\*\*Schedule is subject to change.** See MindBody for the most up-to-date class information.

Revised 5/26/2023

# SILVER SNEAKERS® & WATER FITNESS



SilverSneakers® group exercise classes offer you the best opportunity to stay on track toward meeting your health and fitness goals. Our signature classes are designed specifically for older adults and suit a wide range of needs and abilities.

Our specially-trained, certified instructors are ready to keep you moving!

## **SilverSneakers® CLASSIC**

This class offers something for everyone, regardless of fitness level, and can help improve overall strength and flexibility - helping you stay healthy and independent. As in other SilverSneakers classes, the instructor guides you through the exercises at your own pace.

## **SilverSneakers® CIRCUIT**

Aerobic or cardiovascular exercise is the highlight of this workout. The class features upper-body strength exercises using hand-held weights, elastic tubing with handles, and other fun accessories in non-impact aerobic activity. A chair is available for support and easy head-to-toe stretching.

## **SilverSneakers® PILATES**

Chair-based Pilates program designed to strengthen the abdominals, lower back and pelvic floor. Improve balance, posture, and proper breathing.

## **SilverSneakers® TAI CHI**

Perform modified tai chi forms in a slow, flowing sequence to progress balance and focus. A chair is offered for standing support.

## **SilverSneakers® YOGA**

This class will move your whole body through a complete series of seated and standing yoga poses. Chair support is offered to safely perform a variety of postures for increased flexibility, balance and range of movement. Restorative breathing exercises and final relaxation will promote stress reduction and mental clarity.

## **Aqua Fit**

This cardio-based workout uses the resistance of the water to add intensity and enhance strength. Get moving while building muscle with exercises that are adaptable to your fitness and comfort levels.

### **SilverSneakers® and Renew Active™**

#### **Fitness Center Hours**

Monday-Sunday  
10:00 am-4:00 pm

### **Contact Information**

Membership: 678.812.4060

Front Desk: 678.812.4000

Fitness Desk: 678.812.4020