

ULTIMATE FITNESS

WEEKLY CLASS SCHEDULE – December 2021



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
FitLine Hunter 7:15-8:15 am	FitLine Jennifer P 5:30-6:30 am	FitLine Bootcamp Jennifer W 7:15-8:15 am	TRX Jimi 7:30-8:30 am	HEAT Chelsea 8:30-9:30 am In the Fitness Center	FitLine Jennifer P 9:00-10:00 am	FitLine Bootcamp Hunter 10:00-11:00 am
FitLine Bootcamp Hunter 9:15-10:15 am	FitLine Bootcamp Jennifer W 7:15-8:15 am	HEAT Danny 8:30-9:30 am In the Fitness Center	OPEN GYM Jimi 12:00-2:00 pm	LIFT Demetri 10:00-11:00 am		Ultimate Pilates Jennifer S 11:00 am-12:00 pm
LIFT Hunter 10:30-11:30 am	FitLine Hunter 8:30-9:30 am	FitLine Danny 11:00 am-12:00 pm	HIIT BOXX Jimi 5:00-5:45 pm			HIIT BOXX Hunter 11:30 am-12:30 pm
OPEN GYM Jennifer W 12:00-2:00 pm	LIFT Hunter 9:45-10:45 am	Ultimate Pilates Jennifer S 12:00-1:00 pm	For Ultimate Members and Ultimate Class Pass holders only			
Ultimate Pilates Jennifer S 12:15-1:15 pm	OPEN GYM Chelsea 12:00-2:00 pm	OPEN GYM Chelsea 12:00-2:00 pm	<p>PLEASE NOTE:</p> <p>Ultimate classes are in the FitLine Studio unless otherwise indicated.</p> <p>Reservations for Ultimate classes will be made through Mindbody as there is a maximum of number of participants per class. Instructions can be found at atlantajcc.org/mindbody.</p> <p>Please visit atlantajcc.org/reopen to learn about all the details and procedures – including hours of operations – for engaging with the JCC.</p>			
TRX Jennifer W 5:00-6:00 pm	HIIT BOXX Jimi 5:00-5:45 pm	TRX Eriq 5:30-6:15 pm				
		HEAT NEW Chelsea 6:00-7:00 pm In the Fitness				

CLASS DESCRIPTIONS



Legend:

- Magenta - Group Exercise Class
- Yellow - Cycle HIIT Class
- Green - Mind Body Class
- Blue - Ultimate Class

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: Basic stepping, just like walking up and down stairs, is at the heart of BODYSTEP™ – a full-body cardio workout to really tone your butt and thighs. In a BODYSTEP Athletic class you combine basic stepping with moves like burpees, push ups and weight plate exercises to work the upper body.

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

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

DanceHIITFit: Dance Cardio Fusion Class that incorporates repetitive dance moves with light weight exercises and toning.

LOW & LIGHT: low impact for all fitness levels. Class is split between low-impact cardio and sculpting with weights, bands and/or body weight.

Questions? Let us know!
fitnessclasses@atlantajcc.org
678.812.4022
 All fitness schedules online at:
atlantajcc.org/groupexercise

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

ZUMBA: This fun dance workout fuses hypnotic Latin rhythms and easy-to-follow moves. An ego-free zone - no dance experience required.

CYCLE HIIT 60: 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).

SPIN 45: Short on time? Get all of the benefits of CYCLE HIIT in just 45 minutes. See full description above.

Rev Cycle: Experience heart pumping hills, high intensity drills and all out sprints blended with choreographed strength work with light free weights.

Studio Cycle: Burn max calories with rolling hills, steep climbs, flat roads and high speed interval training... Anything goes in this class!

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

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

Power Vinyasa: Strengthen and open your body through fast-paced, total-body flows that develop your athleticism and provide mental benefits of a breath-based practice. For intermediate yogis.

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

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

Vinyasa Flow: a mixture of strength and cardio without losing the mindful essence of yoga. The perfect combo of sweat and shaking muscles for all fitness levels.

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

Yoga for Every Body: 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.

H.E.A.T.: High-intensity interval workout with core and sculpting drills between cardio breaks.

LIFT: Learn the fundamentals of Olympic Weightlifting (Clean, Jerk, Snatch) through technique drills and progressions.

OPEN GYM: Use our functional fitness equipment to complete your WOD, work on specific skills, or do your own thing. For most sessions, a coach will be available for questions and guidance.

TRX: SEAL-inspired suspension training bodyweight exercises develop strength, balance, flexibility and core stability.