Group Exercise Schedule

Thanksgiving: Wednesday, Nov 27-Friday Nov 29

Wednesday, November 27
MJCCA Hours 5:30 am-6:00 pm
All classes that end after 6:00 pm are canceled;
Ultimate Open Gym ends at 6:00 pm

Thursday, November 28
MJCCA Hours 8:00 am-1:00 pm
Turbo Turkey Workout (8:30-10:00 am, free and open to the community) is the only class; all others are canceled

Friday, November 29
MJCCA Hours 8:00 am-1:00 pm
Black Friday Ride and HIIT BOXX (9:00-11:00 am, free and open to the community) are the only classes; all others are canceled

The usual Group Exercise Schedule resumes on Saturday, November 30.
# GROUP EX STUDIO

## WEEKLY CLASS SCHEDULE — November 2019

<table>
<thead>
<tr>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
<th>FRIDAY</th>
<th>SATURDAY</th>
<th>SUNDAY</th>
</tr>
</thead>
<tbody>
<tr>
<td>VIRTUAL CXWORX 5:35-6:05 AM</td>
<td>BODYPUMP Renee 6:00-7:00 AM</td>
<td>VIRTUAL BODYCOMBAT 5:45-6:45 AM</td>
<td>BODYPUMP Kris 6:00-7:00 AM</td>
<td>VIRTUAL BODYPUMP 5:35-6:20 AM</td>
<td>BODYPUMP Susan 8:30-9:30 AM</td>
<td>POUND Dashia 8:10-8:55 AM</td>
</tr>
<tr>
<td>VIRTUAL BODYCOMBAT 6:15-6:45 AM</td>
<td>VIRTUAL SH'BAM 7:15-8:00 AM</td>
<td>VIRTUAL BODYPUMP 7:00-7:45 AM</td>
<td>VIRTUAL CXWORX 7:15-7:45 AM</td>
<td>VIRTUAL CXWORX 8:30-7:00 AM</td>
<td>VIRTUAL CXWORX 6:30-7:00 AM</td>
<td>BODYSTEP Cara/Dana 9:45-10:45 AM</td>
</tr>
<tr>
<td>BODYPUMP Kwiyung 8:30-9:30 AM</td>
<td>VIRTUAL BODYCOMBAT 6:15-6:45 AM</td>
<td>BODYPUMP Kris 8:30-9:30 AM</td>
<td>BODYCOMBAT DeAnne 9:45-10:45 AM</td>
<td>BODYSTEP 7:15-8:15 AM</td>
<td>BODYSTEP Dana 8:30-9:30 AM</td>
<td>BODYATTACK Jolly/Ryan 8:00-8:45 AM</td>
</tr>
<tr>
<td>ZUMBA (Gym) Brodney 8:30-9:30 AM</td>
<td>VIRTUAL CXWORX 11:00-11:30 AM</td>
<td>BODYCOMBAT DeAnne 9:45-10:45 AM</td>
<td>BODYPUMP Corey 9:45-10:45 AM</td>
<td>BODYSTEP 10:00-11:00 AM</td>
<td>BODYSTEP 8:30-9:30 AM</td>
<td>SUPERSCULPT Aaron 10:00-10:45 AM</td>
</tr>
<tr>
<td>Core Intervals Brodney 9:45-10:45 AM</td>
<td>BODYPUMP Susan 12:15-1:15 PM</td>
<td>VIRTUAL CXWORX 11:00-11:30 AM</td>
<td>BODYSTEP Brodney 11:00-12:00 PM</td>
<td>BODYSTEP 12:00-1:00 PM</td>
<td>BODYSTEP 11:00-12:00PM</td>
<td>BODYCOMBAT 1:30-2:15 PM</td>
</tr>
<tr>
<td>VIRTUAL CXWORX 11:00-11:30 AM</td>
<td>BODYPUMP Susan 12:15-1:15 PM</td>
<td>VIRTUAL CXWORX 1:45-2:45 PM</td>
<td>VIRTUAL CXWORX 12:15-1:00PM</td>
<td>VIRTUAL CXWORX 1:30-2:15 PM</td>
<td>VIRTUAL CXWORX 2:30-3:30PM</td>
<td>BODYCOMBAT 11:25-12:25 PM</td>
</tr>
<tr>
<td>VIRTUAL BODYPUMP 1:45-2:45 PM</td>
<td>VIRTUAL BODYPUMP 1:45-2:45 PM</td>
<td>VIRTUAL CXWORX 12:15-12:45 PM</td>
<td>VIRTUAL CXWORX 10:15-11:15 AM</td>
<td>VIRTUAL CXWORX 1:30-2:30PM</td>
<td>VIRTUAL CXWORX 4:00-4:30 PM</td>
<td>BODYCOMBAT 2:00-2:30PM</td>
</tr>
<tr>
<td>VIRTUAL BODYCOMBAT 3:00-3:30 PM</td>
<td>VIRTUAL BODYPUMP 1:45-2:45 PM</td>
<td>VIRTUAL BODYCOMBAT 1:45-2:45 PM</td>
<td>VIRTUAL BODYPUMP 3:00-3:30 PM</td>
<td>VIRTUAL BODYPUMP 4:00-4:30PM</td>
<td>VIRTUAL SH'BAM 3:00-3:45 PM</td>
<td>BODYCOMBAT 4:15-5:15 PM</td>
</tr>
<tr>
<td>VIRTUAL BODYPUMP 3:00-3:30 PM</td>
<td>VIRTUAL BODYPUMP 3:00-3:30 PM</td>
<td>VIRTUAL CXWORX 12:15-1:00PM</td>
<td>VIRTUAL CXWORX 12:15-1:00PM</td>
<td>VIRTUAL BODYCOMBAT 4:15-5:15PM</td>
<td>VIRTUAL BODYPUMP 4:15-5:15PM</td>
<td>BODYCOMBAT 3:00-3:45 PM</td>
</tr>
<tr>
<td>BODYPUMP Kimberly 6:30-7:30PM</td>
<td>BODYPUMP Kimberly 6:30-7:30PM</td>
<td>BODYPUMP Kimberly 6:30-7:30PM</td>
<td>BODYPUMP Kimberly 6:30-7:30PM</td>
<td>BODYPUMP Kimberly 6:30-7:30PM</td>
<td>BODYPUMP Kimberly 6:30-7:30PM</td>
<td>BODYATTACK Jolly/Ryan 8:00-8:45 AM</td>
</tr>
<tr>
<td>VIRTUAL BODYCOMBAT 8:00-9:00 PM</td>
<td>VIRTUAL BODYCOMBAT 8:00-9:00 PM</td>
<td>VIRTUAL BODYCOMBAT 8:00-9:00 PM</td>
<td>VIRTUAL BODYCOMBAT 8:00-9:00 PM</td>
<td>VIRTUAL BODYCOMBAT 8:00-9:00 PM</td>
<td>VIRTUAL BODYCOMBAT 8:00-9:00 PM</td>
<td>BODYATTACK Jolly/Ryan 8:00-8:45 AM</td>
</tr>
</tbody>
</table>

Schedule is subject to change; please check [atlantajcc.org/GroupExerciseSchedule](http://atlantajcc.org/GroupExerciseSchedule)

### How to Take a Les Mills Virtual™ Class:

1. Show up a few minutes before the class start time.
2. The virtual class is automated—the TV will start playing the program at the programmed start time.
3. Follow along with the Les Mills instructor on the screen to get a great workout!
# CYCLE/HIIT STUDIO

**WEEKLY CLASS SCHEDULE — November 2019**

<table>
<thead>
<tr>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
<th>FRIDAY</th>
<th>SATURDAY</th>
<th>SUNDAY</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Cycle HIIT 45</strong></td>
<td><strong>VIRTUAL RPM</strong></td>
<td><strong>Studio Cycle</strong></td>
<td><strong>Cycle HIIT 60</strong></td>
<td><strong>Studio Cycle</strong></td>
<td><strong>RPM™</strong></td>
<td><strong>Studio Cycle</strong></td>
</tr>
<tr>
<td>Jen P 5:35-6:20AM</td>
<td>7:00-7:50AM</td>
<td>Phil 5:45-6:45AM</td>
<td>Jen P 5:35-6:35AM</td>
<td>Donna 5:45-6:45AM</td>
<td>8:00-9:00AM</td>
<td>8:30-9:30AM</td>
</tr>
<tr>
<td><strong>VIRTUAL SPRINT</strong> 6:30-7:00AM</td>
<td><strong>VIRTUAL SPRINT</strong> 8:00-8:30AM</td>
<td><strong>VIRTUAL RPM</strong> 7:15-8:05AM</td>
<td><strong>VIRTUAL RPM</strong> 7:00-7:50AM</td>
<td><strong>VIRTUAL RPM</strong> 7:15-7:45AM</td>
<td><strong>VIRTUAL SPRINT</strong> 9:45-10:15AM</td>
<td><strong>Cycle HIIT 60</strong></td>
</tr>
<tr>
<td><strong>VIRTUAL RPM</strong> 7:15-7:45AM</td>
<td><strong>VIRTUAL RPM</strong> 9:00-9:50AM</td>
<td><strong>VIRTUAL SPRINT</strong> 10:00-10:30AM</td>
<td><strong>VIRTUAL RPM</strong> 10:00-10:50AM</td>
<td><strong>VIRTUAL SPRINT</strong> 12:15-12:45PM</td>
<td><strong>VIRTUAL RPM</strong> 10:45-11:35AM</td>
<td><strong>Jen P 9:45-10:45AM</strong></td>
</tr>
<tr>
<td><strong>Rev Cycle</strong> Natalie 9:45-10:30AM</td>
<td><strong>VIRTUAL RPM</strong> 10:45-11:15AM</td>
<td><strong>VIRTUAL RPM</strong> 11:00-11:50AM</td>
<td><strong>VIRTUAL RPM</strong> 11:00-11:30AM</td>
<td><strong>VIRTUAL RPM</strong> 1:00-1:30PM</td>
<td><strong>VIRTUAL SPRINT</strong> 12:00-12:50PM</td>
<td><strong>VIRTUAL RPM</strong> 11:00-11:30AM</td>
</tr>
<tr>
<td><strong>VIRTUAL RPM</strong> 11:00-11:50AM</td>
<td><strong>VIRTUAL SPRINT</strong> 12:15-12:45PM</td>
<td><strong>VIRTUAL RPM</strong> 1:00-1:30PM</td>
<td><strong>VIRTUAL RPM</strong> 1:00-1:30PM</td>
<td><strong>VIRTUAL SPRINT</strong> 1:15-1:45PM</td>
<td><strong>VIRTUAL SPRINT</strong> 1:45-2:15PM</td>
<td><strong>VIRTUAL RPM</strong> 1:00-1:30PM</td>
</tr>
<tr>
<td><strong>VIRTUAL SPRINT</strong> 12:15-12:45PM</td>
<td><strong>VIRTUAL RPM</strong> 1:45-2:15PM</td>
<td><strong>VIRTUAL RPM</strong> 3:30-4:00PM</td>
<td><strong>VIRTUAL SPRINT</strong> 4:00-4:50PM</td>
<td><strong>VIRTUAL RPM</strong> 6:45-7:00PM</td>
<td><strong>VIRTUAL SPRINT</strong> 2:00-2:30PM</td>
<td><strong>VIRTUAL RPM</strong> 1:45-2:15PM</td>
</tr>
<tr>
<td><strong>VIRTUAL RPM</strong> 1:00-1:30PM</td>
<td><strong>VIRTUAL SPRINT</strong> 1:45-2:15PM</td>
<td><strong>VIRTUAL RPM</strong> 7:45-8:35PM</td>
<td><strong>VIRTUAL RPM</strong> 2:30-3:00PM</td>
<td><strong>VIRTUAL RPM</strong> 4:00-4:30PM</td>
<td><strong>VIRTUAL RPM</strong> 2:45-3:15PM</td>
<td><strong>VIRTUAL RPM</strong> 3:00-3:50PM</td>
</tr>
<tr>
<td><strong>VIRTUAL SPRINT</strong> 2:30-3:00PM</td>
<td><strong>VIRTUAL RPM</strong> 3:15-3:45PM</td>
<td><strong>VIRTUAL RPM</strong> 6:45-7:00PM</td>
<td><strong>VIRTUAL RPM</strong> 7:00-7:30PM</td>
<td><strong>VIRTUAL SPRINT</strong> 7:45-7:30PM</td>
<td><strong>VIRTUAL SPRINT</strong> 7:45-8:15PM</td>
<td><strong>VIRTUAL SPRINT</strong> 4:00-4:50PM</td>
</tr>
</tbody>
</table>

---

**How to Take a Les Mills Virtual™ Class:**

1. Show up a few minutes before the class start time.
2. The virtual class is automated—the TV will start playing the program at the programmed start time.
3. Follow along with the Les Mills instructor on the screen to get a great workout!

No prior registration is required for Les Mills Virtual classes. If you have any questions or issues, please ask a member of the MJCCA Fitness staff.
## WEEKLY CLASS SCHEDULE — November 2019

### Monday
- **Virtual Bodyflow**: 8:00-7:00AM
- **Virtual Barre**: 6:15-6:45AM
- **Morning Meditation**: 8:00-8:30AM
- **Virtual Barre**: 7:00-7:30AM
- **Virtual Bodyflow**: 8:00-8:30AM
- **Virtual Barre**: 10:15-10:45AM
- **Yoga for Every Body**: Kathryn 11:00AM-12:00PM
- **Vinyasa Flow**: Debra 12:15-1:15PM
- **Mat Pilates**: Cara & Michael 12:00PM
- **Virtual Bodyflow**: 3:30-4:00PM
- **Virtual Barre**: 5:00-5:30PM
- **Yin Yoga**: Jesse 7:35-8:35PM

### Tuesday
- **Virtual Bodyflow**: 6:00-6:30PM
- **Virtual Barre**: 7:00-7:30PM
- **Morning Meditation**: 8:00-8:30AM
- **Virtual Barre**: 6:15-6:45AM
- **Virtual Bodyflow**: 8:30-7:00AM
- **Bodyflow**: Cara 7:15-8:15AM
- **Virtual Barre**: 2:35-3:05PM
- **Virtual Bodyflow**: 2:00-2:30PM
- **Virtual Barre**: 1:45-2:15PM
- **Virtual Barre**: 1:20-1:50PM
- **Virtual Bodyflow**: 1:50-2:20PM
- **Virtual Barre**: 1:15-1:45PM
- **Virtual Bodyflow**: 12:45-1:15PM
- **Virtual Barre**: 12:20-1:20PM
- **Virtual Bodyflow**: 12:00PM
- **Virtual Barre**: 11:45-12:15PM
- **Virtual Bodyflow**: 11:00AM

### Wednesday
- **Virtual Bodyflow**: 5:15-5:45PM
- **Virtual Barre**: 4:15-4:45PM
- **Virtual Bodyflow**: 3:30-4:00PM
- **Virtual Barre**: 3:00-3:30PM
- **Virtual Bodyflow**: 2:15-2:45PM
- **Virtual Bodyflow**: 1:50-2:20PM
- **Virtual Bodyflow**: 1:15-1:45PM
- **Virtual Bodyflow**: 12:00PM
- **Virtual Bodyflow**: 11:00AM

### Thursday
- **Virtual Bodyflow**: 9:30-10:00AM
- **Virtual Barre**: 8:00-8:30AM
- **Virtual Barre**: 7:00-7:30AM
- **Virtual Bodyflow**: 6:00-6:30PM
- **Virtual Barre**: 5:00-5:30PM
- **Virtual Bodyflow**: 4:00-4:30PM
- **Virtual Barre**: 3:30-4:00PM
- **Virtual Barre**: 3:00-3:30PM
- **Virtual Bodyflow**: 2:30-3:00PM
- **Virtual Bodyflow**: 2:15-2:45PM
- **Virtual Bodyflow**: 1:50-2:20PM
- **Virtual Bodyflow**: 1:15-1:45PM
- **Virtual Bodyflow**: 12:00PM
- **Virtual Bodyflow**: 11:00AM

### Friday
- **Virtual Bodyflow**: 6:00-6:30PM
- **Virtual Barre**: 7:00-7:30PM
- **Virtual Bodyflow**: 6:15-6:45AM
- **Virtual Barre**: 5:00-5:30PM
- **Virtual Bodyflow**: 4:00-4:30PM
- **Virtual Barre**: 3:30-4:00PM
- **Virtual Bodyflow**: 3:00-3:30PM
- **Virtual Bodyflow**: 2:30-2:45PM
- **Virtual Bodyflow**: 2:00-2:30PM
- **Virtual Bodyflow**: 1:45-2:15PM
- **Virtual Bodyflow**: 1:20-1:50PM
- **Virtual Bodyflow**: 11:00AM

### Saturday
- **Virtual Bodyflow**: 6:00-6:30PM
- **Virtual Barre**: 5:00-5:30PM
- **Virtual Bodyflow**: 4:00-4:30PM
- **Virtual Barre**: 3:30-4:00PM
- **Virtual Bodyflow**: 2:30-3:00PM
- **Virtual Bodyflow**: 1:50-2:20PM
- **Virtual Bodyflow**: 1:15-1:45PM
- **Virtual Bodyflow**: 12:00PM
- **Virtual Bodyflow**: 11:00AM

### Sunday
- **Virtual Bodyflow**: 6:00-6:30PM
- **Virtual Barre**: 5:00-5:30PM
- **Virtual Bodyflow**: 4:00-4:30PM
- **Virtual Barre**: 3:30-4:00PM
- **Virtual Bodyflow**: 2:30-3:00PM
- **Virtual Bodyflow**: 1:50-2:20PM
- **Virtual Bodyflow**: 1:15-1:45PM
- **Virtual Bodyflow**: 12:00PM
- **Virtual Bodyflow**: 11:00AM

---

### How to Take a Les Mills Virtual™ Class:

1. Show up a few minutes before the class start time.
2. The virtual class is automated—the TV will start playing the program at the programmed start time.
3. Follow along with the Les Mills instructor on the screen to get a great workout!
## ULTIMATE FITNESS WEEKLY CLASS SCHEDULE — November 2019

<table>
<thead>
<tr>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
<th>FRIDAY</th>
<th>SATURDAY</th>
<th>SUNDAY</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>FitLine</strong>&lt;br&gt;FitLine Studio&lt;br&gt;Jacob&lt;br&gt;5:35-6:35AM</td>
<td><strong>FitLine</strong>&lt;br&gt;FitLine Studio&lt;br&gt;Jacob&lt;br&gt;5:35-6:35AM</td>
<td><strong>FitLine</strong>&lt;br&gt;FitLine Studio&lt;br&gt;Jacob&lt;br&gt;5:35-6:35AM</td>
<td><strong>H.E.A.T.</strong>&lt;br&gt;FitLine Studio&lt;br&gt;DeAnne&lt;br&gt;5:35-6:35AM</td>
<td><strong>FitLine</strong>&lt;br&gt;FitLine Studio&lt;br&gt;Grant&lt;br&gt;8:15-9:15AM</td>
<td><strong>FitLine</strong>&lt;br&gt;FitLine Studio&lt;br&gt;Grant&lt;br&gt;9:00-10:00AM</td>
<td><strong>FitLine</strong>&lt;br&gt;FitLine Studio&lt;br&gt;Grant&lt;br&gt;10:00-11:00AM</td>
</tr>
<tr>
<td><strong>FitLine</strong>&lt;br&gt;FitLine Studio&lt;br&gt;Jacob&lt;br&gt;7:00-8:00AM</td>
<td><strong>FitLine</strong>&lt;br&gt;FitLine Studio&lt;br&gt;Jacob&lt;br&gt;8:15-9:15AM</td>
<td><strong>FitLine</strong>&lt;br&gt;FitLine Studio&lt;br&gt;Jacob&lt;br&gt;7:00-8:00AM</td>
<td><strong>TRX</strong>&lt;br&gt;FitLine Studio&lt;br&gt;Brodney&lt;br&gt;7:00-8:00AM</td>
<td><strong>FitLine</strong>&lt;br&gt;FitLine Studio&lt;br&gt;Brodney&lt;br&gt;7:00-8:00AM</td>
<td><strong>FitLine</strong>&lt;br&gt;FitLine Studio&lt;br&gt;Brodney&lt;br&gt;9:15-10:15AM</td>
<td><strong>FitLine</strong>&lt;br&gt;FitLine Studio&lt;br&gt;Brodney&lt;br&gt;10:00-11:00AM</td>
</tr>
<tr>
<td><strong>H.E.A.T.</strong>&lt;br&gt;Cycle HIIT Studio&lt;br&gt;Valerie&lt;br&gt;8:30-9:30AM</td>
<td><strong>LIFT!</strong>&lt;br&gt;FitLine Studio&lt;br&gt;Tina&lt;br&gt;10:00-11:00AM</td>
<td><strong>LIFT!</strong>&lt;br&gt;FitLine Studio&lt;br&gt;Jacob&lt;br&gt;8:15-9:15AM</td>
<td><strong>LIFT!</strong>&lt;br&gt;FitLine Studio&lt;br&gt;Valerie&lt;br&gt;8:15-9:15AM</td>
<td><strong>LIFT!</strong>&lt;br&gt;FitLine Studio&lt;br&gt;Jacob&lt;br&gt;10:00-11:00AM</td>
<td><strong>LIFT!</strong>&lt;br&gt;FitLine Studio&lt;br&gt;Grant&lt;br&gt;10:15-11:15AM</td>
<td></td>
</tr>
<tr>
<td><strong>FitLine</strong>&lt;br&gt;FitLine Studio&lt;br&gt;Valerie&lt;br&gt;10:00-11:00AM</td>
<td><strong>Pilates Reformer</strong>&lt;br&gt;Pilates Studio&lt;br&gt;Jennifer Y&lt;br&gt;10:00-11:00AM</td>
<td><strong>H.E.A.T.</strong>&lt;br&gt;Cycle HIIT Studio&lt;br&gt;Danny&lt;br&gt;8:30-9:30AM</td>
<td><strong>H.E.A.T.</strong>&lt;br&gt;Cycle HIIT Studio&lt;br&gt;Brodney&lt;br&gt;8:30-9:30AM</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>TRX</strong>&lt;br&gt;FitLine Studio&lt;br&gt;Brodney&lt;br&gt;1:45-2:45PM</td>
<td><strong>H.E.A.T. 30</strong>&lt;br&gt;Cycle HIIT Studio&lt;br&gt;Deanna B&lt;br&gt;12:30-1:00PM</td>
<td><strong>LIFT!</strong>&lt;br&gt;FitLine Studio&lt;br&gt;Jacob&lt;br&gt;10:00-11:00AM</td>
<td><strong>FitLine</strong>&lt;br&gt;FitLine Studio&lt;br&gt;Valerie&lt;br&gt;12:00-1:00PM</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>OPEN GYM</strong>&lt;br&gt;FitLine Studio&lt;br&gt;4:00-7:00PM</td>
<td><strong>HIIT BOXX</strong>&lt;br&gt;FitLine Studio&lt;br&gt;Valerie&lt;br&gt;5:00-5:45PM</td>
<td><strong>LIFT!</strong>&lt;br&gt;FitLine Studio&lt;br&gt;Jacob&lt;br&gt;12:00-1:00PM</td>
<td><strong>OPEN GYM</strong>&lt;br&gt;FitLine Studio&lt;br&gt;4:45-6:00PM</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>H.E.A.T.</strong>&lt;br&gt;Cycle HIIT Studio&lt;br&gt;Deanna B&lt;br&gt;5:30-6:30PM</td>
<td><strong>Triggerpoint Foam Rolling</strong>&lt;br&gt;FitLine Studio&lt;br&gt;Yenwen&lt;br&gt;5:00-5:45PM</td>
<td><strong>Pilates Reformer</strong>&lt;br&gt;Pilates Studio&lt;br&gt;Karen G&lt;br&gt;6:00-7:00PM</td>
<td><strong>DryTri</strong>&lt;br&gt;Cycle HIIT Studio&lt;br&gt;Deanna B&lt;br&gt;5:30-6:30PM</td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

For Ultimate Members and Ultimate Class Pass holders only

Get your Ultimate Class Pass today at atlantajcc.org/ultimate
CLASS DESCRIPTIONS

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

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.

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

BODYSTEP: Basic stepping, like walking up and down stairs, makes for a full-body cardio workout that tones your posterior chain (glutes and thighs).

Butts & Guts: Work your core with a challenging variety of exercises to tone and strengthen your midsection while glute-focused moves work your backside.

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.

Core Zumba: Work on your core and earn your reward - a fun Latin dance party!

Hard Core: Focus on your core and get a longer, leaner body!

LES MILLS TONE: The optimal mix of strength, cardio, and core training for a complete workout, using lunges, squats, functional training and tubing exercises. This great foundational class is perfect for all fitness levels.

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

POUND: A full-body jam session that combines cardio, conditioning, and strength training with yoga and Pilates-inspired movements.

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).

CYCLE HIIT 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.

RPM: Indoor cycling set to the rhythm of motivating music. Burn calories and get quicker & fitter, fast.

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.

Jewish Meditation: Enjoy a meditation class with a Jewish twist! Instructed by Jewish educators who will take you on a journey and dive deeper in to your roots.

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.

Morning Meditation: An easy morning meditation to check in with yourself and get ready for the day.

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.

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.

Dry Tri: Train like a triathlete without water with running, biking, and mystery weighted exercises.

FITLINE: Functional fitness provides all fitness levels with strength, stability, power, and endurance through basic functional movement like pushing, pulling, squatting, rotating, etc.

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.

Questions? Let us know!
fitnessclasses@atlantajcc.org
678.812.4025
All fitness schedules online at: atlantajcc.org/groupexercise

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
Men Only: Sunday 6:00-7:00 pm
Women Only: Sunday 7:00-8:00 pm

RESERVATIONS:
kidzone@atlantajcc.org
678.812.3830
atlantajcc.org/kidzone