

# THE GYM

AT PEACHTREE PRESBYTERIAN

## GROUP EXERCISE CLASS SCHEDULE | DECEMBER

Christmas Hours: Closed 12/24-26

New Years' Closed 12/31-1/1

CARDIO & STRENGTH

YOGA, PILATES & BARRE

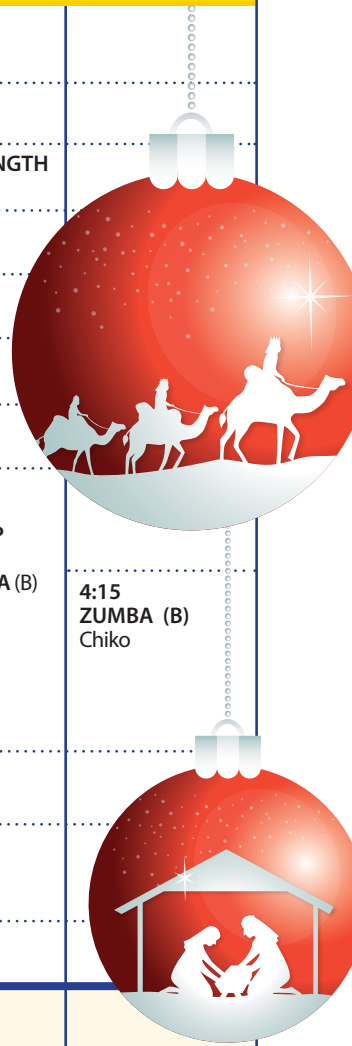
| TIME    | MONDAY                                  | TUESDAY                             | WEDNESDAY                   | THURSDAY  | FRIDAY  | SATURDAY  | SUNDAY                     |
|---------|---|-------------------------------------|-----------------------------|---|---|---|----------------------------|
| 6:30 A  | <b>NEW!</b> BODYATTACK (45)<br>Josh (A) | ULTIMATE<br>Victor (A)              | WHEEL POWER<br>Victor (A)   | CARDIO CORE<br>CHALLENGE<br>Victor (A)                    | WHEEL POWER<br>Victor (A)   |   |                            |
| 8:15 A  |   | BODYPUMP<br>Sydney/Patti (B)        |                             |   | BODYPUMP<br>April (A)   |   |                            |
| 8:30 A  | CARDIO INT.<br>Patti W (B)              | <b>NEW!</b> BODYATTACK<br>Dawn (A)  | ZUMBA<br>Jenn Hall (B)      |   | ZUMBA<br>Jenn Hall (B)  | CORE STRENGTH<br>Ellen (A)                                    |                            |
| 9:00 A  |   |                                     |                             |   |   |   |                            |
| 9:15 A  | CARDIO PLUS II<br>Ellen (A)             |                                     | CARDIO PLUS II<br>Susan (A) | BODY SCULPT<br>Susan (B)                                  | CARDIO PLUS II<br>Angela (A)                                      |   |                            |
| 9:35 A  | CORE STRENGTH<br>Tracy (B)              |                                     | TBC<br>Jan (B)              |   | CARDIO SCULPT<br>Elaine (B)                                       | STEP<br>Keith (A)   |                            |
| 10:15 A | CARDIO PLUS I<br>Janie (A)              |                                     | CARDIO PLUS I<br>Susan (A)  |   | CARDIO PLUS I<br>Angela (A)                                       |   |                            |
| 12:15 P |   |                                     | STEP INTERVAL<br>Pat (A)    |   |   |   |                            |
| 12:40 P |   |                                     |                             |   | WHEEL POWER<br>Pat (A)  |   |                            |
| 4:30 P  |   | BODY SCULPT<br>Pat (B)              |                             | BODY SCULPT<br>Pat (B)                                    |   | 10:40<br>BODYPUMP<br>Irina (A)<br>10:40 ZUMBA (B)<br>Jennifer | 4:15<br>ZUMBA (B)<br>Chiko |
| 5:30 P  | STEP<br>Keith (A)                       | <b>NEW!</b> FIT FUSION<br>Terri (B) | BODYPUMP<br>Patti W (B)     | WHEEL POWER<br>Jenn Hall (A)                              |   |   |                            |
| 6:00 P  |   | ZUMBA<br>Tricia (A)                 | HIIT BURST<br>Victor (A)    |   |   |   |                            |
| 6:30 P  | BODYPUMP<br>Mark (A)                    |                                     |                             | <b>NEW!</b> BODYATTACK (30)/<br>BODYPUMP (30)<br>Josh (B) |   |   |                            |
| 7:00 P  |   |                                     |                             | ZUMBA PARTY<br>Lilia (A)                                  |   |   |                            |
| 6:30 A  | YOGA (45)<br>Tony (D)                   |                                     | YOGA (45)<br>Tony (D)       |   |   |   |                            |
| 8:30 A  |   |                                     |                             | <b>NEW!</b> CARDIO BARRE<br>Ellen (C)                     |   | 9:30 PILATES (B)<br>Tracy                                     |                            |
| 9:30 A  |   | PILATES<br>Darlene (B)              |                             | PILATES<br>Darlene (A)                                    |   | 9:30 YOGA<br>Tony (D)   |                            |
| 10:45 A | YOGA<br>Leah (B)                        | GENTLE YOGA<br>Sheila (B)           | YOGA<br>Susan (B)           | GENTLE YOGA<br>Sheila (A)                                 | POWER YOGA<br>FLOW<br>Alison (B) 12/1, 8, 15<br>Georgia 12/22, 29 | YOGA<br>Georgia (D)   |                            |
| 11:45 A |   |                                     |                             | MOVEMENT<br>IMP. Harvey (B)                               |   |   |                            |
| 5:30 P  | PILATES<br>Ellen J (B)                  |                                     |                             | <b>NEW!</b> TURBO PILATES<br>(45) Ellen J (B)             |   |   | 3:00 YOGA<br>Tony (D)      |
| 6:15 P  |   |                                     |                             |   | ASHTANGA<br>YOGA Tony (D)   |   |                            |
| 6:40 P  | YOGA<br>Tony (B)                        |                                     | YOGA<br>Tony (B)            |   |   |   |                            |

**New! LESMILLS BODYATTACK**

Class Codes Color: ■ Red: Gentle

The front Gym Entrance is on the 3rd floor | The back Gym entrance is on the 1st floor.

Studio A: Room 3403 3rd floor | Studio B: Room 3405 | Studio C: Room 2403 2nd floor | Studio D: Room 2405



## CLASS DESCRIPTIONS:

**NEW! BODYATTACK BY LES MILLS:** This high energy, interval training class combines athletic, aerobic movements with strength & stabilization exercises. Burn lots of calories, raise overall fitness & stamina, and more! Low impact options & moves are simple regardless of fitness level or coordination.

**NEW! CARDIO BARRE:** Utilizing ballet, strength and cardio moves, this class is designed to increase both flexibility and tone, class may include bands, light weights and resistance balls.

### **BODYPUMP**

A barbell plate loaded program which strengthens all your major muscles. Adjusting the weight and the amount of movement to increase difficulty.

**BODY SCULPT:** working all the major muscles of the body. Most folks take 2 sets of different size weights to change out when needed.

**CARDIO/CORE CHALLENGE:** A challenging cardio workout including moves to strengthen your abs, back, glutes and more as we focus on the core muscles!

**CARDIO INTERVAL:** Cardio and strength intervals interspersed with plyometrics and Tabata moves.

**CARDIO PLUS I & II:** A low impact aerobics workout PLUS muscle conditioning. Designed to build better cardiovascular capacity PLUS increase strength. **CP I is Slower and Gentler than CP II.**

**CARDIO SCULPT:** Basic step class. One can Add 2 lb hand weights to make this a killer class and beginners just leave off the weights or the step. This is an incredible one hour complete workout.

**WHEEL POWER** Bursts of steady-state cardio using the Stationary Bike mixed with Strength & Core intervals using both bodyweight & free weights.

**CORE STRENGTH:** Complex (arms & legs together) functional exercises to increase strength. All major muscles will be worked in conjunction with other muscles using the core always.

**NEW!! FIT FUSION** Work all muscles fusing cardio and strength components to music with playlists to keep you moving. Each class is uniquely created so you can choose your level and pace. Get ready to go beyond traditional cardio and strength to a class that has something for everyone!

**HIIT BURST:** HIIT Burst is intended to rev up your metabolism and increase your strength through intervals of high intense exercises separated by complete rest or low intensity exercises. Progression & modification options given for all fitness levels!

**MOVEMENT IMPROVEMENT:** Can be just to improve balance, memory, coordination and stability. It is also for folks with MS or Parkinson's or a brain injury. Chairs are used for part or all of class.

**PILATES:** The cure for many back issues by building the core, improving muscles strength, alignment and balance. This is not a class for the unconditioned.

**NEW!! TURBO PILATES** 45-minutes packed with core combo moves, working abs, back, arms, and legs using weights, a ball, the Pilates ring, and more.

**STEP:** Stepping up and down on a step, with or without platforms.

**Power Flow Yoga:** An energetic class that links each movement to a breath using Vinyasa flows as well as standing poses and stretches. Increase strength, endurance, balance, and flexibility. All levels welcome, modifications shown.

**TBC:** Total Body Conditioning: Cardio using steps or floor, strength and core conditioning, balance and flexibility training.

**ULTIMATE:** High intensity cardio, strength, core and flexibility.

**YOGA:** All levels! Hatha yoga improves breathing, strength, flexibility, agility, memory and balance.

**ASHTANGA YOGA:** Commonly called Power Yoga.

**ZUMBA:** Easy to follow, awesome workout for ANYONE! No rules, just fun & fitness.

## GYM HOURS

Monday–Friday

6:00 am–9:00 pm

Saturday | 8:00 am–6:00 pm

Sunday | 12:30 pm–6:00

## PERSONAL TRAINERS

New members receive a Complimentary Orientation to our Cardio Weight Room

Call a trainer for an appointment.

Michael Beck (678) 907-3539

Dickie Bilbro (404) 518-0909

Nick Fiorello (404) 291-1758

Samuel Hines (404) 771-6063

Pam Leinmiller (888) 868-0879

Want to hire a Personal Trainer?

Call each trainer to find out availability, cost and philosophy to choose the right person for YOU.

## MEMBERSHIP

Jan Smith

Membership & Marketing Director

Interim Fitness Director

404-842-2189

[jsmith@peachtreepres.org](mailto:jsmith@peachtreepres.org)

## CHILDCARE

The Nest

Childcare: 8 weeks–K

Reservations & Cancellations need to be made 24 hours in advance.

[GLG@peachtreepres.org](mailto:GLG@peachtreepres.org)

(Fri 9 am for Mon)

If you do not have a reservation, please CALL First to see if space. The # of Reservations determines the # workers.

## HOURS

**Mon–Fri: 9:00 am–1:00 pm**

**Wed: 4:15–8:30 pm**

**404.842.5839**



[www.thegymatpeachtree.org](http://www.thegymatpeachtree.org)