



AT PEACHTREE PRESBYTERIAN

# GROUP EXERCISE CLASS SCHEDULE | August

Class Codes Color: ■ Red: Gentle

CARDIO & STRENGTH

| TIME    | MONDAY                      | TUESDAY                        | WEDNESDAY                         | THURSDAY                               | FRIDAY                            | SATURDAY  | SUNDAY                     |
|---------|-----------------------------|--------------------------------|-----------------------------------|--|-----------------------------------|---|----------------------------|
| 6:30 A  |                             | ULTIMATE<br>Victor (A)         | NEW! WHEEL<br>POWER<br>Victor (A) | CARDIO CORE<br>CHALLENGE<br>Victor (A) | NEW! WHEEL<br>POWER<br>Victor (A) |   |                            |
| 8:15 A  |                             | BODYPUMP<br>Sydney/Lindsay (B) |                                   |  | BODYPUMP<br>April (A)             |   |                            |
| 8:30 A  | CARDIO INT.<br>Patti W (B)  |                                | ZUMBA<br>Jenn Hall (B)            | CARDIO/CORE<br>CHALLENGE<br>Ellen (A)  | ZUMBA<br>Jenn Hall (B)            | CORE STRENGTH<br>Ellen (A)                                    |                            |
| 9:00 A  |                             | TBC<br>Patti W. (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 |                             |                                |                                   |  | NEW! WHEEL<br>POWER 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)           | CARDIO INTERVAL<br>Kathy(B)    | BODYPUMP<br>Patti W (B)           | NEW! WHEEL<br>POWER<br>Jenn Hall (A)   |                                   |   |                            |
| 6:00 P  |                             | ZUMBA<br>Tricia (A)            | HIIT BURST<br>Victor (A)          |  |                                   |   |                            |
| 6:30 P  | BODYPUMP<br>Mark (A)        |                                |                                   | BODYPUMP<br>Irina (A)                  |                                   |   |                            |
|         |                             |                                |                                   | 7:00P ZUMBA<br>PARTY Lilia (B)         |                                   |   |                            |



YOGA, PILATES & BARRE

|         |                        |  |                       |                             |  |  |                       |
|---------|------------------------|--|-----------------------|-----------------------------|--|--|-----------------------|
| 6:30 A  | YOGA (45)<br>Tony (D)  |  | YOGA (45)<br>Tony (D) |                             |  | 9:30 PILATES (B)<br>Ellen J. 8/19<br>Tracy 8/5, 12, 26 |                       |
| 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)   | NEW!<br>POWER YOGA<br>FLOW<br>Georgia 8/18, 25<br>Alison (B) 8/4, 11 | YOGA<br>Georgia (D)                                    |                       |
| 11:45 A |                        |  |                       | MOVEMENT<br>IMP. Harvey (B) |  |  | 3:00 YOGA<br>Tony (D) |
| 5:30 P  | PILATES<br>Ellen J (B) |  |                       |                             |  |  |                       |
| 6:15 P  |                        |  |                       |                             | ASTANGA YOGA<br>Tony (D)   |  |                       |
| 6:40 P  | YOGA<br>Tony (B)       | NEW CLASS!<br>POWER YOGA<br>FLOW<br>Alison (B) | YOGA<br>Tony (B)      |                             |  |  |                       |

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:

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**BARRE: On Summer Vacation** Utilizing ballet and strength 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.

**NEW! 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! 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.

**STEP:** Stepping up and down on a step, with or without platforms. Step was created to heal knee issues; however, one cannot heal if dancing on a step. Be Safe

**NEW! Power Flow Yoga:** An energetic yoga class that links each movement to a breath using Vinyasa flows as well as standing poses and stretches to increase strength, endurance, balance and flexibility. All levels welcome with modifications shown to suit most students.

**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.

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

**ZUMBA:** Easy to follow, awesome workout for ANYONE age 8 – 88! 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

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## 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

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)

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## 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 – 1:00 pm &**

**Wed: 4:15 – 8:30 pm | 404.842.5839**

