



AT PEACHTREE PRESBYTERIAN

GROUP EXERCISE CLASS SCHEDULE | May

Close at 2:00 pm Sat. May 27th • Closed Sunday, May 28th
& Memorial Day May 29th

CARDIO & STRENGTH

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:30 A		ULTIMATE Victor (A)	NEW! WHEEL POWER Victor (A)	CARDIO CORE CHALLENGE Victor (A)	NEW! WHEEL POWER Victor (A)		
8:15 A		BODYPUMP Sydney/Lindsay (B)			BODYPUMP April (A)		
8:30 A	CARDIO INT. Patti W (B)		ZUMBA Jenn Hall (B)	CARDIO/CORE CHALLENGE Victor(A)	ZUMBA Tricia (B)	CORE STRENGTH Victor (A)	
9:00 A		TBC Patti W. (A)					
9:15 A	CARDIO PLUS II Susan/Janie (A)		CARDIO PLUS II Susan (A)	BODY SCULPT Susan (B)	CARDIO PLUS II Angela (A)		
9:35 A	CORE STRENGTH Tracy (B)		TBC Jan (B)		CARDIO SCULPT Elaine (B)	STEP Keith (A)	
10:15 A	CARDIO PLUS I Janie (A)		CARDIO PLUS I Susan (A)		CARDIO PLUS I Angela (A)		
12:15 P			STEP INTERVAL Pat (A)			10:40 BODYPUMP Irina (A)	
12:40 P					NEW! WHEEL POWER Pat (A)	10:40 ZUMBA (B) Jennifer	4:15 ZUMBA (B) Chiko
4:30 P		BODY SCULPT Pat (B)		BODY SCULPT Pat (B)			
5:30 P	STEP Keith (A)	CARDIO INTERVAL Kathy(B)	BODYPUMP Patti W (B)	NEW! WHEEL POWER Jenn Hall (A)			
6:00 P		ZUMBA Tricia (A)	NEW! HIIT BURST Victor (A)				
6:30 P	BODYPUMP Mark (A)			BODYPUMP Irina (A)			
				7:00P ZUMBA PARTY Lilia (B)			



YOGA, PILATES & BARRE


6:30 A	YOGA (45) Tony (D)		YOGA (45) Tony (D)			9:30 PILATES (B) Ellen J. 5/6, 27 Tracy 5/20	
9:30 A		PILATES Darlene (B)		PILATES Darlene (A)	10:35 BARRE Giuli/Alison (C)	9:30 YOGA Tony (D)	
10:45 A	YOGA Leah (B)	GENTLE YOGA Sheila (B)	YOGA Susan (B)	GENTLE YOGA Sheila (A)	YOGA Georgia (B)	GENTLE YOGA Georgia (D)	
11:45 A				MOVEMENT IMP. Harvey (B)			3:00 YOGA Tony (D)
5:30 P	PILATES Ellen J (B)			PILATES Ellen J (B)			
6:15 P					ASTANGA YOGA Tony (D)		
6:40 P	YOGA Tony (B)		YOGA 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:

BARRE: 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.

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: Beginners are WELCOME! Hatha yoga improves breathing, strength, flexibility, agility, memory and balance for the average person.

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

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

CHILDCARE

The Nest

Childcare: 8 weeks - K

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

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



NEW at the Gym!
Schwinn Performance Pro
Spin Bikes
Star Trac Treadmills
Concept II Rower