

### CARDIO & STRENGTH

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>HIIT BURST</b> 8:30 am Patti W (B)	<b>HIIT BURST</b> 6:30 am Victor (B)	<b>WHEEL POWER</b> 6:30 am Victor (A)	<b>HIIT BURST</b> 6:30 am Victor (A)	<b>WHEEL POWER</b> 6:30 am Victor (A)	<b>CORE STRENGTH</b> 8:30 am Ellen (A)	<b>ZUMBA</b> 4:15 pm Chiko (B)
<b>CARDIO PLUS II</b> 9:15 am Ellen (A)	<b>BODYPUMP</b> 8:10 am Sydney/Patti (B)	<b>ZUMBA</b> 8:30 am Jenn Hall (B)	<b>CORE STRENGTH</b> 9:15 am Susan (B)	<b>BODYPUMP</b> 8:10 am Anna (A)	<b>STEP</b> 9:35 am Victor (A)	<b>CLASS CODES COLOR:</b> <span style="color: red;">■</span> Red: Gentle <span style="color: green;">■</span> Green: New
<b>CORE STRENGTH</b> 9:35 am Alison (B)	<b>CORE STRENGTH</b> 4:30 pm Pat (B)	<b>CARDIO PLUS II</b> 9:15 am Susan (A)	<b>CORE STRENGTH</b> 4:30 pm Pat (B)	<b>ZUMBA</b> 8:30 am Jenn Hall (B)	<b>BODYPUMP</b> 10:40 am Irina (A)	
<b>CARDIO PLUS I</b> 10:15 am Janie (A)	<b>FIT FUSION</b> 5:30 pm Terri (B)	<b>TBC</b> 9:35 am Jan (B)	<b>WHEEL POWER</b> 6:00 pm Elaine (B)	<b>CARDIO PLUS II</b> 9:15 am Ellen (A)	<b>ZUMBA</b> 10:40 am Jennifer (B)	<b>NEW:</b> <b>MONDAY</b> <b>HIIT BURST</b> <b>W/ ALISON</b> <b>4:30 PM</b>
<b>NEW! HIIT BURST</b> 4:30 pm Alison (A)	<b>ZUMBA</b> 6:00 pm Tricia (A)	<b>CARDIO PLUS I</b> 10:15 am Susan (A)	<b>ZUMBA PARTY</b> 7:00 pm Lilia (A)	<b>TBC</b> 9:35 am Elaine (B)		
<b>STEP</b> 5:30 pm Giuli (A)		<b>BODY PUMP</b> 5:30 pm Patti W (B)		<b>CARDIO PLUS I</b> 10:15 am Janie (A)		
<b>BODYPUMP</b> 6:30 pm Mark (A)		<b>HIIT BURST</b> 6:00 pm Victor (A)		<b>WHEEL POWER</b> 12:15 pm Pat (A)		

### YOGA, PILATES & BARRE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>YOGA (45)</b> 6:30 am Tony (D)	<b>NEW! CARDIO BARRE</b> 8:30 am Ellen (C)	<b>YOGA (45)</b> 6:30 am Tony (D)	<b>CARDIO BARRE</b> 8:30 am Ellen (C)	<b>POWER YOGA FLOW</b> 10:45 am Alison (B) 4/6, 27 Georgia 4/13, 20	<b>PILATES</b> 9:30 am Tracy (B)	<b>YOGA</b> 3:00 pm Tony (B)
<b>YOGA</b> 10:45 am Leah (B)	<b>PILATES</b> 9:30 am Darlene (B)	<b>YOGA</b> 10:45 am Susan (B)	<b>PILATES</b> 9:30 am Darlene (A)	<b>ASHTANGA YOGA</b> 6:15 pm Tony (D)	<b>YOGA</b> 9:30 am Tony (D)	<b>CLASS CODES COLOR:</b> <span style="color: red;">■</span> Red: Gentle <span style="color: green;">■</span> Green: New
<b>PILATES</b> 5:30 pm Ellen J (B)	<b>GENTLE YOGA</b> 10:45 am Sheila (B)	<b>YOGA (45)</b> 6:40 pm Tony (B)	<b>GENTLE YOGA</b> 10:45 am Sheila (B)		<b>YOGA</b> 10:45 am Georgia (D)	
<b>YOGA</b> 6:40 pm Tony (B)			<b>TURBO PILATES (45)</b> 5:30 pm Ellen J (A)			<b>NEW:</b> <b>TUESDAY</b> <b>CARDIO BARRE W/ ELLEN</b> <b>8:30 AM</b>

**HAVE A BLESSED EASTER! GYM CLOSED EASTER SUNDAY.**

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! 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.

### 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.**

### CORE STRENGTH:

Complex (arms & legs) functional exercises to increase strength. All major muscles will be worked in conjunction with other muscles using the core always. Weights, bands, kettle bells & more may be used for a complete strength workout.

### 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!

### 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.

### 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 & flexibility training. Light and heavy weights are added to make this an incredible workout. Modifications are always offered.

### WHEEL POWER:

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

### 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.

[eenglish@peachtreepres.org](mailto:eenglish@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

[thegymatpeachtree.org](http://thegymatpeachtree.org)  
404-842-5852