

THE GYM

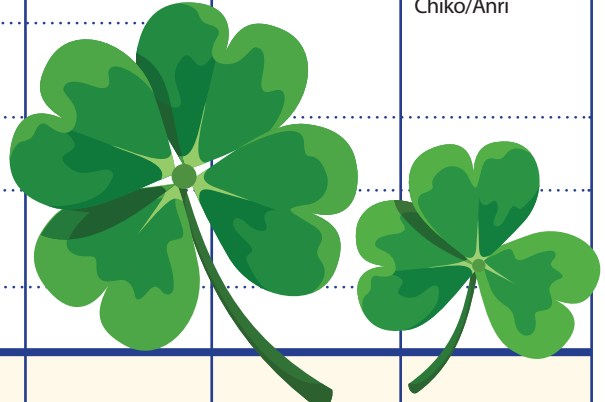
AT PEACHTREE PRESBYTERIAN

GROUP EXERCISE CLASS SCHEDULE | MARCH

NEW: MONDAY, 4:30 pm HIIT BURST w/ Alison

CARDIO & STRENGTH

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:30 A		HIIT BURST Victor (A)	WHEEL POWER Victor (A)	HIIT BURST Victor (A)	WHEEL POWER Victor (A)		
8:15 A		BODYPUMP Sydney/Patti (B)			BODYPUMP Anna (A)		
8:30 A	HIIT BURST Patti W (B)		ZUMBA Jenn Hall (B)		ZUMBA Jenn Hall (B)	CORE STRENGTH Ellen (A)	
9:00 A							
9:15 A	CARDIO PLUS II Ellen (A)		CARDIO PLUS II Susan (A)	CORE STRENGTH Susan (B)	CARDIO PLUS II Ellen (A)		
9:35 A	CORE STRENGTH Tracy (B)		TBC Jan (B)		TBC Elaine (B)	STEP Victor (A)	
10:15 A	CARDIO PLUS I Janie (A)		CARDIO PLUS I Susan (A)		CARDIO PLUS I Ellen (A)		
12:15 P					NEW TIME! WHEEL POWER Pat (A)		
12:40 P						10:40 BODYPUMP Irina (A)	
4:30 P	NEW! HIIT BURST Alison (A)	CORE STRENGTH Pat (B)		CORE STRENGTH Pat (B)		10:40 ZUMBA (B) Jennifer	4:15 ZUMBA (B) Chiko/Anri
5:30 P	STEP Givli (A)	FIT FUSION Terri (B)	BODYPUMP Patti W. (B)				
6:00 P		ZUMBA Tricia (A)	HIIT BURST Victor (A)	NEW TIME! WHEEL POWER Elaine (B)			
6:30 P	BODYPUMP Mark (A)						
7:00 P				ZUMBA PARTY Lilia (A)			



YOGA, PILATES & BARRE

6:30 A	YOGA (45) Tony (D)		YOGA (45) Tony (D)				
8:30 A		NEW! CARDIO BARRE Ellen (C)		NEW! CARDIO BARRE Ellen (C)		9:30 PILATES (B) Tracy	
9:30 A		PILATES Darlene (B)		PILATES Darlene (A)		9:30 YOGA Tony (D)	
10:45 A	YOGA Leah (B)	GENTLE YOGA Sheila (B)	YOGA Susan (B)	GENTLE YOGA Sheila (A)	POWER YOGA FLOW Alison (B) 3/2, 16 Georgia 3/9, 23, 30	YOGA Georgia (D)	
11:45 A				MOVEMENT IMP. Harvey (B)			
5:30 P	PILATES Ellen J (B)			NEW! TURBO PILATES (45) Ellen J (A)			3:00 YOGA Tony (B)
6:15 P					ASHTANGA YOGA Tony (D)		
6:40 P	YOGA Tony (B)		YOGA Tony (B)				

NEW: TUESDAY, 8:30 am Cardio BARRE w/ Ellen

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! 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.

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) 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.

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

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

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 am–1:00 pm

Wed: 4:15–8:30 pm

404.842.5839



www.thegymatpeachtree.org

404.842.5852