

THE GYM

AT PEACHTREE PRESBYTERIAN

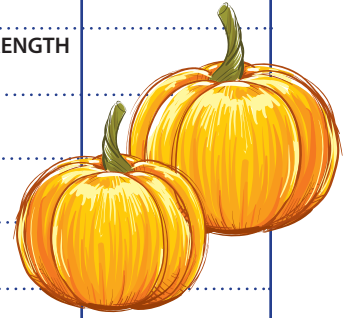
GROUP EXERCISE CLASS SCHEDULE | October

New! LESMILLS BODYATTACK

CARDIO & STRENGTH

YOGA, PILATES & BARRE

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/Patti (B)			BODYPUMP April (A)		
8:30 A	CARDIO INT. Patti W (B)	NEW! BODYATTACK Dawn (A)	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)	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)				
12:40 P					NEW! WHEEL POWER Pat (A)		
4:30 P		BODY SCULPT Pat (B)		BODY SCULPT Pat (B)			
5:30 P	STEP (45) Keith (A)	NEW! NEW! FIT FUSION Terri (B)	BODYPUMP Patti W (B)	NEW! WHEEL POWER Jenn Hall (A)		NEW! 11:45 BODYATTACK Josh (B)	4:15 ZUMBA (B) Chiko
6:00 P		ZUMBA Tricia (A)	HIIT BURST Victor (A)				
NEW TIME 6:15 P	BODYPUMP Mark (A)			6:30 P BODYPUMP Irina (B)			
NEW! 7:15 P	BODYATTACK (45) Josh (A)			7:00 P ZUMBA PARTY Lilia (A)			
6:30 A	YOGA (45) Tony (D)		YOGA (45) Tony (D)	8:30 A 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)	NEW! POWER YOGA FLOW Georgia 10/20, 27 Alison (B) 10/6, 13	YOGA Georgia (D)	
11:45 A				MOVEMENT IMP. Harvey (B)			3:00 YOGA Tony (D)
5:30 P	PILATES Ellen J (B)			PILATES (45) Ellen J (B)			
6:15 P					ASHTANGA YOGA Tony (D)		
6:40 P	YOGA Tony (B)	NEW! CLASS POWER YOGA FLOW Alison (B)	YOGA Tony (B)				



★ HALLOWEEN ★



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, tone & shape your body, raise your overall fitness & stamina, improve your bone density and more! There are low impact options & moves are simple so regardless of your fitness level or coordination, you can enjoy the class!

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.

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!! FIT FUSION Work all muscles fusing cardio and strength components to music with playlists to keep you moving and inspired. Each class will be uniquely created allowing you to choose your level and pace. Get ready to go beyond boring and traditional cardio and strength to a class that has something for everyone!

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.

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.

ASHTANGA 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



www.thegymatpeachtree.org