

**CARDIO & STRENGTH**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
WHEEL POWER 8:30 am Patti W (B)	HIIT BURST 6:30 am Victor (A)	WHEEL POWER 6:30 am Victor (A)	HIIT BURST 6:30 am Victor (A)	WHEEL POWER 6:30 am Victor (B)	CORE STRENGTH 8:30 am Ellen (A)	ZUMBA 4:15 pm Chiko (B)
CARDIO PLUS II 9:15 am Ellen (A)	BODYPUMP 8:10 am Patti (B)	ZUMBA 8:30 am Anri (B)	CORE STRENGTH 4:30 pm Pat (B)	BODYPUMP 8:10 am Anna (A)	STEP 9:35 am Keith (A)	<b>CLASS CODES COLOR:</b> <span style="color: red;">■</span> Red: Gentle <span style="color: green;">■</span> Green: New
CORE STRENGTH 9:35 am Alison (B)	CORE STRENGTH 4:30 pm Pat (B)	CARDIO PLUS II 9:15 am Susan (A)	WHEEL POWER 5:30 pm Elaine (B)	ZUMBA 8:30 am Jenn Hall (B)	BODYPUMP 10:40 am Irina (A)	
CARDIO PLUS I 10:15 am Janie (A)	<b>NEW!</b> POUND (45) 5:30 pm Jenn T (B)	TBC 9:35 am Jan (B)	ZUMBA PARTY 7:00 pm Lilia (A)	CARDIO PLUS II 9:15 am Ellen, Janie & Susan (A)	ZUMBA 10:40 am Anri 12/1, 15 Lilia 12/8, 22	
STEP 5:30 pm Keith/Giuli (A)	ZUMBA 6:00 pm Tricia (A)	CARDIO PLUS I 10:15 am Susan (A)	<b>NEW:</b> FRIDAY CARDIO CORE STRENGTH W/ PAT 9:35 AM	<b>NEW!</b> CARDIO CORE STRENGTH 9:35 am Pat (B)		
BODYPUMP 6:30 pm Mark (A)		BODY PUMP 5:30 pm Patti W (B)		CARDIO PLUS I 10:15 am Janie (A)		
		HIIT BURST 6:00 pm Victor (A)				



**YOGA, PILATES & BARRE**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
YOGA (45) 6:30 am Tony (D)	CARDIO BARRE 8:30 am Ellen (C)	YOGA (45) 6:30 am Tony (D)	CARDIO BARRE 8:30 am Ellen (C)	POWER YOGA FLOW 10:45 am Alison (B) 12/21 Georgia 12/14, 28	PILATES 9:30 am Ellen J. (B)	YOGA 3:00 pm Tony (B)
YOGA 10:45 am Leah (B)	PILATES 9:30 am Darlene (B)	YOGA 10:45 am Susan (B)	PILATES 9:30 am Darlene (A)	ASHTANGA YOGA 6:15 pm Tony (D)	YOGA 9:30 am Tony (D)	<b>CLASS CODES COLOR:</b> <span style="color: red;">■</span> Red: Gentle <span style="color: green;">■</span> Green: New
PILATES 5:30 pm Ellen J (B)	<b>GENTLE YOGA</b> 10:45 am Sheila (B)	YOGA (45) 6:40 pm Tony (B)	<b>GENTLE YOGA</b> 10:45 am Sheila (A)		YOGA 10:45 am Georgia (D)	
YOGA 6:40 pm Tony (B)			TURBO PILATES (45) 5:30 pm Ellen J (A)			<b>NEW:</b> TUESDAY POUND (45) W/ JENN T 5:30 PM

Holiday Hours: Closed 12/23-25 / Reopens 12/26 | Closed 12/31-1/1 / Reopens 1/2

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

### 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.

### BODY PUMP

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/ NEW! **CARDIO CORE STRENGTH + CARDIO INTERVALS**

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.

### 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.

### NEW! POUND (45):

POUND® is the world's first cardio jam session inspired by the infectious, energizing, sweat-dripping fun of playing the drums. Lightly weighted Ripstix are provided to increase the challenge & add to the fun. Abs/Core work are offered after the jam session.

### 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

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.

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.

## CHILDCARE HOURS

Mon–Fri: 9:00 am–1:00 pm

Wed: 4:15–8:30 pm

404-842-5839

thegymatpeachtree.org  
404-842-5852