

**CARDIO & STRENGTH**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>NEW! DFX</b> 8:30 am Jenn H (B)	<b>HIIT BURST</b> 6:30 am Victor (A)	<b>WHEEL POWER</b> 6:30 am Maria (A)	<b>HIIT BURST</b> 6:30 am Victor (A)	<b>WHEEL POWER</b> 6:30 am Victor (B)	<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 Maria / Anna (B)	<b>ZUMBA</b> 8:30 am Anri (B)	<b>CORE STRENGTH</b> 4:30 pm Pat (B)	<b>BODYPUMP</b> 8:10 am Anna (A)	<b>STEP</b> 9:35 am Keith (A)	<b>CLASS CODES COLOR:</b> <span style="color: red;">■</span> Red: Gentle <span style="color: green;">■</span> Green: New
<b>NEW! TBC</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>WHEEL POWER</b> 5:30 pm Elaine (B)	<b>ZUMBA</b> 8:30 am Alison (B)	<b>BODYPUMP</b> 10:40 am Irina (A)	
<b>CARDIO PLUS I</b> 10:15 am Janie (A)	<b>POUND (45)</b> 5:30 pm Jenn T (B)	<b>TBC</b> 9:35 am Jan (B)	<b>ZUMBA PARTY</b> 7:00 pm Lilia (A)	<b>CARDIO PLUS II</b> 9:15 am Ellen, Janie & Susan (A)	<b>ZUMBA</b> 10:40 am Lilia 5/4, 18 Anri 5/11, 25	
<b>STEP</b> 5:30 pm Keith (A)	<b>ZUMBA</b> 6:00 pm Tricia (A)	<b>CARDIO PLUS I</b> 10:15 am Susan (A)	<b>FRIDAY CARDIO CORE STRENGTH W/ PAT 9:35 AM</b>	<b>CARDIO CORE STRENGTH</b> 9:35 am Pat (B)		
<b>BODYPUMP</b> 6:30 pm Mark (A)	<b>NEW! MONDAY DFX W/ JENN H 8:30 AM</b>	<b>BODY PUMP</b> 5:30 pm Maria / Erin (B)		<b>CARDIO PLUS I</b> 10:15 am Janie (A)		
	<b>MONDAY TBC W/ ALISON 9:35 AM</b>	<b>HIIT BURST</b> 6:00 pm Victor (A)				



**YOGA, PILATES & BARRE**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>YOGA (45)</b> 6:30 am Tony (D)	<b>CARDIO BARRE</b> 8:30 am Ellen (C) 5/28 (A)	<b>YOGA (45)</b> 6:30 am Tony (D)	<b>CARDIO BARRE</b> 8:30 am Ellen (C) 5/30 (A)	<b>POWER FLOW YOGA</b> 10:45 am Georgia	<b>PILATES</b> 9:30 am Ellen J. (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 (A)		<b>NEW! POWER FLOW YOGA</b> 10:45 am Natalie (D)	
<b>YOGA</b> 6:40 pm Tony (B)			<b>TURBO PILATES (45)</b> 5:30 pm Ellen J (A)			

**MEMORIAL DAY SCHEDULE:**

**Saturday, May 25: 8 AM – 2 PM | Sunday, May 26 & Monday, May 27: Closed**

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.



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.

### NEW!! THE DANCE FITNESS XPERIENCE (DFX)

The Dance Fitness Xperience (DFX) merges multiple dance styles into a fun, easy-to-follow, calorie-obliterating class! A true brain-body experience; DFX incorporates a method that allows the brain to create new neural pathways, like Sudoku, while the body reaps benefits from cardio training and the soul is free to dance!

### 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.

### 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 & ASHTANGA YOGA:

All levels! Hatha yoga improves breathing, strength, flexibility, agility, memory and balance. **Ashtanga Yoga** is 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 | 12:30–6:00 pm

## 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@PeachtreeChurch.com

## CHILDCARE

The Nest

Childcare: 8 weeks–K

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

EEnglish@PeachtreeChurch.com

(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