

Group Fitness Schedule

G R O U P F I T N E S S					
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>RISE & SHINERS 7 am - 60min Mattie</p> <p>STEP 8:00 am - 45min Ellen</p> <p>CARDIO SCULPT 8:45 am - 60min Ellen</p> <p>YOGA 9:50 am - 75 min Ling</p> <p>SIT & GET FIT 11:15 am - 60min Pat</p> <p>YOGA (Iyengar) 4 pm - 90min Mark</p> <p>PILATES 6:30 pm - 60min Darlene</p>	<p>CARDIO SCULPT 8 am - 60min Pat</p> <p>PIYO - CR1 8:30 am-60min Patti</p> <p>STEP & SCULPT 9:15 am - 60min JoAnne</p> <p>YOGA 10:30 am - 60min JoAnne</p> <p>YOGA 6:30 pm - 90min JoAnne</p>	<p>RISE & SHINERS 7 am - 60min Mattie</p> <p>STEP 8:10 am - 60min Ellen/Elena</p> <p>SCULPTING 9:15 am - 60min JoAnne</p> <p>YOGA - CR1 9:45 am-75min Dana</p> <p>ACTIVE ADULTS 10:15 am-60min Patti</p> <p>SIT & GET FIT 11:15 am-60min Pat</p> <p>YOGA (Iyengar) 4 pm-90min Mark</p>	<p>CARDIO SCULPT 8 am- 60min Pat</p> <p>STEP & SCULPT 9:15 am - 60min Ellen</p> <p>PIYO 10:30 am - 60min Patti</p> <p>PILATES 6:30 pm - 60min Darlene</p>	<p>RISE & SHINERS 7 am - 60min Mattie.</p> <p>STEP 8:15 am - 60min Elena</p> <p>PILATES 9:15 am - 60min Elena</p> <p>ACTIVE ADULTS 10:15 am - 60min JoAnne</p> <p>SIT & GET FIT 11:15 am - 60min Patti</p> <p>YOGA 4 pm - 90min JoAnne</p>	<p>STEP 9:30 am - 60min Elena</p> <p>SCULPTING 10:30 am - 60min Elena</p> <p>YOGA 11:30 am - 75min JoAnne</p>

Family Life Center Hours
M-F 5:30am-9:30pm
Sat 8:30am - 5pm



FLC Desk
404.231.0375

**Instructors are subject to change without notice.

Please Note:
CR1 = Classroom #1

CARDIO SCULPT: A combination class consisting of a variety of mid-tempo cardiovascular exercises for cardio conditioning and sculpting, with intervals of resistance training using weights, bars and balls.

RISE & SHINERS: A 60-minute class designed to stretch, tone and wake up the body for the day.

PILATES: A total body program that focuses on building core strength and flexibility without adding bulk.

PIYO: hybrid class which fuses Pilates and Yoga into one great body-conditioning workout. This class will not only strengthen your core muscles, but improve your joint range-of-motion

YOGA: This class is designed to promote strength and flexibility as participants move through a series of poses and concentrate on their posture and breathing.

SCULPTING: Define, condition and strengthen muscles using a variety of equipment. No cardio.

STEP: A cardiovascular workout consisting of stepping up and down on an elevated platform. Toning and abdominal work follow.

CR1 = CLASSROOM #1 – DOWNSTAIRS

Please Note:\$ = Fee Required

WATER (POOL): Vigorous exercise done in the pool with minimal stress on the joints. The class improves stamina and muscle tone.

ACTIVE ADULTS: A total body workout for active seniors. This combination of aerobic, flexibility and strength training all done in a fun-filled environment. The exercises are designed to increase flexibility, joint stability, balance, coordination, agility, muscular strength and cardiovascular endurance. Recommended for ages 55+

SIT & GET FIT: Chair Aerobics is a great exercise for men and women of all ages. It is designed to allow you to work at your own pace, taking it slow if you haven't ever exercised, have restricted mobility or are just getting back into a fitness routine. This class is an effective alternative to conventional exercise even if you have a physical condition that limits your mobility or are not able to stand for a prolonged amount of time.

10:30 - 11:00 Preschool
10:30 - 11:00 DynaBabies II
11:15 - 11:45 Preschool
11:15 - 11:45 DynaBabies I
2:00 - 2:30 DynaBabies mixed
2:00 - 2:30 Preschool
2:40 - 3:10 Preschool
3:20 - 3:50 Preschool
4:00 - 4:30 Gradeschool
4:40 - 5:10 Preschool
5:20 - 5:50 Grade School

10:10 - 10:40 DynaBabies II
10:10 - 10:40 Preschool
10:50 - 11:20 Gradeschool
10:50 - 11:20 DynaBabies I
11:30 - 12:00 DynaBabies II
11:30 - 12:00 Preschool
12:10 - 12:40 Gradeschool
12:50 - 1:20 Dyna Pro Tots
12:50 - 1:20 Preschool

**Summer 2010
Dynamo Class Schedule**



Chelsea Farnwald, Buckhead Site Director:

Phone: (770) 451-3272 ext. 27(VM only)

Email: cfarnwald@post.com

*Please Note: Only the 2 lap lanes will remain open to FLC members and guests during these times listed above.

GROUP FITNESS POLICIES

The Family Life Center provides a variety of group fitness classes which are led by trained and experienced instructors. The schedule for group fitness classes, vary month to month based on general interest and participation reports. Comments from participants are always welcome. Participants in the class are expected to adhere to the following guidelines in order to make the workout experience a great experience for ALL.

1. Be on time. The warm-up is important to avoid injury. Classes are closed ten minutes after the class time begins.
2. Do not do your own routine. This is discourteous and distracting to your fellow members and your instructor. If you have a medical condition that prevents you from following the routine, please consult your doctor and inform the instructor.
3. Keep conversation to a minimum. Excessive talking is disruptive and inconsiderate to your fellow members and your instructor.
4. Be considerate of other members exercise space.
5. Water may be taken into the classroom, provided it is in an enclosed, unbreakable water bottle.
6. If you have to leave class early, please take time to cool down in order to prevent injury. Do so without disrupting the class.
7. If you have "issues" with an instructor, please discuss the problems or concerns with the Manager.
8. You must return all equipment to the appropriate space.