PEACHTREE GYM

November Schedule

Hours of Operation
Monday-Thursday: 6:00am-8:00pm
Friday: 6:00am-7:00pm
Saturday: 8:00am-4:00pm
Sunday: 1:00pm-5:00pm

Recording
***This class will also be provided virtually**
Studios: (A)=3403, (B)=3405, (C)=2403

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Yoga Tony 8:00am	*HIIT Burst Victor 6:30am (A)	Cycle/Strength Victor 6:30am (B)	*HIIT Burst Victor 6:30am (A)		Core Strength Ellen H 8:30am (A)	
Rebel Groove/Strength Nancy 8:30am (B)	Yoga Tony 8:00am		Yoga Tony 8:00am	Body Pump Debbie 8:15am (B)	Yoga Hannah/Patti 8:30am (B)	
Cardio Core Strength Jan 9:30am (A)	Body Pump Debbie 8:15am (B)	*TBC Alison 9:30am (A)	Barre/Strength/Yoga Ellen H 9:00am-10:15am (C)	Rebel Groove Dance Nancy 8:30am (A)	*Zumba 10:00am (A) <u>Lilia</u> 11/14, 11/21 <u>Tash</u> 11/7, 11/28	
*Yoga Leah 10:45am (B)	Barre/Strength/Yoga Ellen H 9:00am-10:15am (C)	Cardio Plus Janie 9:45am (B)	*Pilates Darlene 9:30am (A)	*Cardio Core Strength Pat 9:30am (B)		
	*Pilates Darlene 9:30am (A)	*Yoga Patti 10:45am (A)	Gentle Yoga Georgia 10:45am (B)	Cardio Plus Janie 9:45am (A)	Body Pump Naseem 10:00am (B)	
*Turbo Pilates Ellen 5:15pm (A)	Gentle Yoga Georgia 10:45am (B)		Core Strength Pat 4:00pm (B)	*Yoga Jan B 10:45am (B)		*Yoga Patti 3:00pm (B)
Body Pump Mark 5:45pm (B)	Cycle 45 Bruce 5:45pm (B)	Body Pump Mark 5:45pm (B)	Cycle 45 Bruce 5:45pm (B)			
		*Zumba Lilia 6:30pm (A)				

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Class Descriptions

BARRE/YOGA/STRENGTH COMBO	Utilizing ballet, strength and cardio moves, this class is designed to increase both flexibility and strength. Class may include bands, light weights, and resistance balls.
BODYPUMP	A barbell plate loaded program which strengthens all your major muscles. Suitable for ALL Levels.
CARDIO CORE STRENGTH	Complex (arms and legs together) functional exercises to increase strength. All major muscles will be worked in conjunction with other muscles using the core always. Weights, bands, kettlebells, and more may be used for a complete strength workout. Cardio intervals throughout class.
CARDIO PLUS	A low impact aerobics workout plus muscle conditioning. Designed to build better cardiovascular capacity plus increase strength. This is a combination of Cardio Plus I & II.
CORE STRENGTH	Complex (arms and legs together) functional exercises to increase strength. All major muscles will be worked in conjunction with other muscles using the core always. Weights, bands, kettlebells and more may be used for a complete strength workout.
CYCLE 45 or CYCLE STRENGTH	A high-intensity exercise on a stationary bike. It combines cardio and endurance in a 45-minute calorie-crunching session! Cycle Strength offers strength intervals.
GENTLE YOGA	A fusion of gentle and Yin yoga. This slow-paced practice is suitable for all ages and experience levels.
HIIT BURST	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 and modification options given for all fitness levels.
PILATES	The cure for many back issues is building the core, improving muscle strength, alignment, and balance. This is not the class for the unconditioned.
REB3L GROOVE DANCE	Reb3l Groove is a dance party style cardio. Hard hitting choreography is fused with HIIT mechanics and powerful music resulting in a fun boot camp style dance fitness class. Each song has a dedicated routine and as you learn the routines, the workout gets more fun. It is great for all fitness levels and no dance experience needed.
REB3L GROOVE DANCE/STRENGTH COMBO	Add strength workouts to Rebel Groove. Sculpt and build strength using body weight, minimal equipment and low impact/high repetitions.
STEP	Stepping up and down on a step, with or without platforms. Fun, easy to follow choreography for 45 min followed by 15 minutes of core work & stretching.
TOTAL BODY CONDITIONING	Cardio class using steps or floor, strength and core conditioning, balance, and flexibility training. Light and heavy weights are added to make this an incredible workout. Modifications are always offered.
TURBO PILATES	45-minutes packed with core combo moves, work abs, back, arms and legs using weights, a ball, the Pilates ring and more.
YOGA	Hatha yoga improves breathing, strength, flexibility, agility, memory, and balance for the average person.
ZUMBA	A dynamic class that is easy to follow and burns major calories. Zumba is so much fun you will forget you are exercising! Great or beginners as well as the hard bodies!