


Fitness Center Group Exercise Schedule

	Monday	Tuesday	Wednesday	Thursday	Friday
5am	5:45 Cycle (45) Beverly	5:30 HIIT FITT (30) Joel		5:30 HIIT FITT (30) Joel	
6am	6:30 Strength Training Joel	6:30 Cycle (45) Beverly 6:30 TRX (45) Joel	6:30 Strength Training Joel	6:30 Cycle (45) Beverly 6:30 TRX (45) Joel	6:30 Functional Stretching (45) Joel
8am	8:00 HeartStrong* Lauren 8:15 Low Impact Sculpt Beth	7:30 Beginner Yoga Young 9:00 Adult Conditioning Lauren	8:00 HeartStrong* Joel 8:15 Low Impact Sculpt Beverly	7:30 Beginner Yoga Young 9:00 Adult Conditioning Clinton	8:00 HeartStrong* Joel
9am	9:15 TRX (45) Clinton 9:30 Beginner Yoga Yvette	8:45 Tai Chi Young	9:15 TRX (45) Clinton 9:30 Beginner Yoga Yvette	8:45 Tai Chi Young	9:15 TRX (45) Clinton 9:30 Adaptive Yoga 2 Lauren
10am	10:00 HeartStrong* Jessica 10:45 Beginning Tai Chi Moves Yvette	10:15 Adaptive Yoga 1 Lauren	10:00 HeartStrong* Jessica 10:45 Beginning Tai Chi Moves Yvette	10:15 Chair Yoga Yvette	10:00 HeartStrong* Clinton
11am	11:15 COPD* (75) Jessica	11:00 COPD* (40) Joel 11:00 Heart Fit* Jessica	11:15 COPD* (75) Jessica	11:00 COPD* (40) Clinton 11:00 Heart Fit* Joel	11:00 COPD* (40) Jessica
12pm	12:00 Women's Strength Training Lauren 12:15 Zumba Gold (45) Ingrid	12:00 TRX (45) Clinton 12:45 Cycle (45) Beverly		12:15 Zumba Gold (45) Ingrid	12:45 Power Yoga Nekysza
1pm		1:00 Cancer Wellfit* Jessica			1:00 Cancer Wellfit* Lauren
2pm			2:00 Pink* Clinton		2:00 Pink* Jessica
4pm	4:30 Extreme Bootcamp (45) Reggie 4:30 Strength Training (30) Marquese	4:30 Strength Training (30) Aja	4:30 Extreme Bootcamp (45) Adrian	4:30 Strength Training (30) Aja	4:30 Extreme Bootcamp (45) Reggie 4:30 Barre Laura
5pm	5:00 HeartStrong* Aja 5:30 Step & Sculpt (45) Sidney	5:00 Beginner Yoga Maya 5:30 Dance Jamal 5:45 Cycle (45) Alethia	5:00 HeartStrong* Aja 5:30 Creative Cardio (45) Adrian	5:00 HeartStrong* Laura 5:30 Kickboxing Young	5:30 TRX (45) Aja
6pm	6:30 Intermediate Yoga Maya 6:30 TRX (45) Aja	6:00 Cardio & Core Aja 6:30 Pilates (45) Serena	6:30 Intermediate Yoga Maya 6:30 TRX (45) Aja	6:30 Yoga Melita	6:15 Functional Stretching (45) Aja
					Color Key
					<div style="display: flex; justify-content: space-between;"> <div style="width: 60%;">  <p style="font-size: 24px; font-weight: bold; margin: 0;">Piedmont</p> <p style="font-weight: bold; margin: 0;">ATLANTA</p> </div> <div style="width: 35%; border-left: 1px solid black; padding-left: 5px;"> <div style="display: flex; flex-direction: column; align-items: center;"> <div style="width: 20px; height: 20px; background-color: yellow; margin-bottom: 5px;"></div> <div style="width: 20px; height: 20px; background-color: lightgreen; margin-bottom: 5px;"></div> <div style="width: 20px; height: 20px; background-color: pink; margin-bottom: 5px;"></div> <div style="width: 20px; height: 20px; background-color: lightblue; margin-bottom: 5px;"></div> <div style="width: 20px; height: 20px; background-color: lightgrey; margin-bottom: 5px;"></div> </div> <p style="font-size: 10px; margin-top: 10px;">*Medical clearance required</p> <p style="font-size: 10px; margin-top: 5px;">All classes 60 minutes unless otherwise noted</p> </div> </div>
	Saturday	Sunday			
	8:15 Cycle (45) Walter 9:15 Pilates (45) Sidney 11:30 Yoga Melita	12:15 Strength Training (45) Various 1:00 Cancer Wellfit* Laura 1:15 Tai Chi Ty 2:00 Pink* Laura 2:30 Beginner Yoga Maya			

Last updated: 12/21/21