


FitClass Membership Schedule



OLD ATLANTA PARK RECREATION CENTER					
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
9-10a Step & Sculpt Melissa	8-9a High Fitness Lauren	9-10a Barre Becky	9-10a Zumba Barbara	8-9a Bootcamp April	8:45-9:45a Body Sculpt Debbie
9-10a Pilates Debbie	9-10a Zumba Barbara	10:15-11:15a Gentle Fitness Melissa	9-10a HIIT Lauren	9-10a High Fitness Lauren	10-10:45a Pilates Debbie
10:15-11:15a Gentle Fitness Melissa	9-10a Resistance Training Lauren	5:30-6:30p Yoga Ellen	10:15-11:15a Yoga Amy	10-10:45a Barre/Stretch Lauren	11a-12p Yoga Ellen
5:30-6:30p Yoga Becky	10:15-11:15a Pilates Debbie	7-8p Zumba *Kellie*	5:30-6:30p High Fitness Lauren	10:15-11:15a Gentle Fitness Melissa	
7-8p Zumba Toning Payal	5:30-6:30p Yoga Amy		7-8p Zumba *Kellie*		
	7-8p Zumba Payal				

To view the complete schedule for all our locations, scan the QR code below:



Class Descriptions

- Barre:** Non-impact class using ballet barre conditioning, Pilates, and yoga to burn fat, shape muscles, increase flexibility.
- Barre/Stretch:** ballet barre class incorporating stretching and flexibility exercises.
- Bootcamp:** Mid-high impact class focusing on a combination of cardio and strength exercises.
- BASE Yoga:** A beginner, yet strong class focusing on balance, strength, alignment and energy.
- Step and Sculpt/ Body Sculpt:** Uses body resistance, weights and low impact cardio to tone and sculpt.
- Gentle Fitness/Yoga/Stretch:** A gentle movement and stretch class for beginners and older participants.
- HIIT:** Get ready to work in this interval-based class!
- High Fitness:** Full body cardio choreographed class.
- Pilates:** Mat-based Pilates to strengthen core, improve posture and muscle tone.
- Resistance Training:** increases muscle strength by using bands, free weights or your own body weight.
- Yoga:** Breathing and body poses to improve tone, strength, flexibility and health.
- Zumba:** Utilizes music, dance and interval and resistance training to maximize caloric output, fat burning and total body toning.