

FitClass Membership Schedule



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

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

Class Descriptions

- Dance Fitness:** A total body cardiovascular workout designed for every fitness level utilizing movement to music.
- Core and More:** Express core class.
- Cardio Sculpt:** Class with light/medium weights, mixing cardio and functional movements to build muscle.
- Sculpt and Core:** Class with light/medium weights, bands, Pilates ring/ball to focus on core, spine, increase strength, balance, and stability.
- Barre:** Non-impact class using ballet barre conditioning, Pilates, and yoga to burn fat, shape muscles, increase flexibility.
- Sculpt & Stretch:** Focuses on functional muscle movement, maintain mobility, flexibility, and strength.
- Fit & Stretch:** Low-impact, strength, and toning class, great for all ages and fitness levels.
- Barre/Stretch:** Ballet barre class incorporating stretching and flexibility exercises.
- Bootcamp:** Mid-high impact class focusing on a combination of cardio and strength exercises.
- Step and Sculpt/ Body Sculpt:** Uses body resistance, weights and low impact cardio to tone and sculpt.
- Gentle Fitness:** Choreographed class that is a full body workout.
- HIIT:** Interval-based class, incorporating body weight, bands and more.
- High Fitness:** Full body cardio choreographed class.
- Pilates:** Mat-based Pilates to strengthen core, improve posture and muscle tone.
- Resistance Training:** Class to increase 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.