


FitClass Membership Schedule



OLD ATLANTA PARK RECREATION CENTER

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
9-10a Step & Sculpt Melissa	8-9a High Fitness Lauren	*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 Fit & Stretch Katy	9-10a Barre Becky	9-10a Zumba Lizzie	9-10a High Fitness Lauren	9:45-10:45a Pilates Debbie
10:15-11:15a Gentle Fitness Melissa	9-10a Resistance Training Lauren	10:15-11:15a Gentle Fitness Melissa	9-10a HIIT Lauren	10-10:45a Barre/Stretch Lauren	11a-12p Yoga Ellen
5:30-6:30p Yoga Becky	10:15-11:15a Pilates Debbie	5:30-6:30p Yoga Ellen	10:15-11:15a Yoga Amy	10:15-11:15a Gentle Fitness Melissa	
7-8p Zumba Toning Payal	5:30-6:30p Yoga Amy	7-8p Zumba Kellie	5:30-6:30p High Fitness Lauren	<div style="border: 1px solid black; padding: 10px;"> <p>To view the complete schedule for all our locations, scan the QR code below:</p>  </div>	
	7-8p Zumba Payal		6:30-7p Core and More Lauren		
			5:45-6:45p Fit and Fabulous Kellie		
			7-8p Zumba Kellie		

Class Descriptions

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.

Fit & Fabulous: 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.