Fitness Center Studio Schedule

Monday

Time	Class	Studio	Instructor
5:45	Spin*	Spin	Beverly
6:30	Up, Down, Turn Around*	MBS	Kristen
8:00	Heart Strong†	TS	Avril
9:00	Low Impact/Sculpt	GES	Beth
9:15	Restorative Yoga	MBS	Avril
10:00	Heart Strong†	TS	Sharrell
11:00	Barre*	MBS	Jasmin
11:00	Heart Fit §	GES	Sharon
11:45	Circuit Training*	TS	Kim
12:00	Power Yoga 1	MBS	Jasmin
12:30	Zumba*	GES	Kendra
1:15	PiYo Strength*	MBS	Kim
4:30	Zumba*	GES	Kim
5:00	Heart Strong†	TS	Hahns
5:30	Step & Sculpt	GES	Sidney
5:30	PiYo*	MBS	Lawanda
5:45	Spin*	Spin	DeeAnn
6:15	Power Yoga 2	MBS	Matt
6:30	Oh Baby! Prenatal Combo§	GES	Catherine
7:15	Extreme 90xs/Core*	TS	Mike
7:30	Oh Baby! Pilates §	GES	Catherine

Tuesday

Time	Class	Studio	Instructor
5:15	Barre*	MBS	Sharrell
5:45	Spin*	Spin	Gwen
6:00	Creative Cardio	GES	Jameelah
6:30	Sunrise Functional Stretching*	MBS	Sharrell
7:15	Sunrise Tai Chi*	GES	Gail
7:30	Correlation Yoga 1	MBS	Avril
9:00	Adult Conditioning†	GES	Clinton
10:00	Heart Fit†	GES	Sharrell
10:00	Restorative Yoga	MBS	Avril
11:00	COPD (90)†	GES	Clinton
11:00	Restorative Yoga	MBS	Jasmin
12:00	Circuit Training*	TS	Nikki
12:00	Spin*	Spin	Beverly
1:00	Cancer Wellfit†	GES	Paige
1:00	PiYo Strength*	MBS	Nikki
4:00	Total Control§	MBS	Jasmin
4:30	Boot Camp*	GES	Mike
5:15	15 Minute Abs	GES	Lauren
5:30	Cardio Mix*	GES	Hattie
5:45	Spin*	Spin	Alethia
6:30	Functional Stretching*	GES	Lauren

Wednesday

Time	Class	Studio	Instructor
5:45	Spin*	Spin	Beverly
6:00	Barre	MBS	Sharrell
8:00	Heart Strong†	TS	Sharrell
9:00	Low Impact/Sculpt	GES	Chey
9:15	Restorative Yoga	MBS	Jasmin
10:00	Heart Strong†	TS	Sharon
10:30	Oh Baby! Combo§	GES	Erica
11:15	Beginner's Meditation	MBS	Avril
12:00	Up, Down, Turn Around*	MBS	Avril
12:30	Zumba*	GES	Chey
1:15	PiYo Strength*	MBS	Chey
2:00	PINK†	GES	Paige
3:00	PINK Support Group†	GES	Barbara
4:30	Cardio Mix	GES	Mike
5:00	Heart Strong†	TS	Paige
5:15	15 Minute Abs	GES	Kelly
5:30	Zumba*	GES	Carmen
5:30	Spin*	Spin	Mike
5:30	Oh Baby! Pilates §	MBS	Erica
6:15	Shimmy Fit/Urban Line Dance*	GES	Carmen
6:30	Extreme 90xs	TS	Mike

Thursday

Time	Class	Studio	Instructor
5:15	Barre*	MBS	Sharrell
5:45	Spin*	Spin	Jameelah
6:00	Creative Cardio	GES	Hattie
6:30	Correlation Yoga 1*	MBS	Avril
9:00	Adult Conditioning†	GES	Sharon
9:00	Sun Tai Chi	MBS	Young
10:00	Heart Fit §	GES	Clinton
10:00	Restorative Yoga**	MBS	Avril
11:00	COPD (90)†	GES	Sharrell
11:00	Restorative Yoga	MBS	Jasmin
12:00	Spin*	Spin	Beverly
1:00	Zumba Tone*	GES	Beverly
4:00	Total Control§	MBS	Jasmin
4:30	Cardio Strength Fusion*	GES	Erika
5:00	Heart Strong†	TS	Lauren
5:15	15 Minute Abs	GES	Mariah
5:30	PiYo*	MBS	Chey
5:45	Spin*	Spin	DeeAnn
6:30	Correlation Yoga 1	MBS	Melita
6:30	Functional Stretching*	GES	Lauren

Friday

Time	Class	Studio	Instructor
5:45	Spin*	Spin	Beverly
7:00	Sunrise Functional Stretching*	MBS	Sharrell
8:00	Heart Strong†	TS	Sharrell
8:00	Diabetes Prevention†	GES	Clinton
9:00	Low Impact/Sculpt	GES	Maxine
9:15	Restorative Yoga‡	MBS	Avril
10:00	Oh Baby! Mom & Baby Yoga*§	GES	Josie
10:00	Heart Strong†	TS	Clinton
10:15	Correlation Yoga 2 (90 min)	MBS	Avril
11:00	COPD (90)†	GES	Jasmin
11:45	Circuit Training*	TS	Kandice
12:30	Zumba*	GES	Kandice
1:00	Total Control§	MBS	Jasmin
2:00	PINK†	GES	Jasmin
4:30	Cardio Mix	GES	Elliott
4:30	Barre*	MBS	Jasmin
5:30	Balls, Bands, and Core*	GES	Chey

Saturday

Time	Class	Studio	Instructor
8:45	Spin*	Spin	Beverly
9:00	Pilates	MBS	Crista
9:15	Oh Baby! Mom & Baby Fitness§	GES	Catherine
10:15	Oh Baby! Prenatal Toning§	GES	Catherine
11:15	Extreme Brunch Workout	GES	Mike
10:15	Power Yoga 1	MBS	Melita

Sunday

Time	Class	Studio	Instructor
12:15	Functional Stretching*	MBS	Lauren
1:00	Cancer Wellfit†	GES	Hahns
2:00	PINK†	GES	Lauren
3:30	Power Yoga 1	MBS	Matt

Please Note:

Schedules and classes subject to change

* Denotes a 45 minute class.
All other classes 60 minutes, unless otherwise noted
† Medical clearance required.
** Yoganidra every third Thursday at 10am
‡ Yoganidra every first Friday at 9:15am
§ Requires registration and/or additional cost
MBS: Mind Body Studio
GES: Group Exercise Studio
TS: Train Station
Spin: Spin Studio

Last updated: 11/18/2014

Piedmont ATLANTA