

# MIDTOWN

ATHLETIC CLUB AT WINDY HILL®

## CLASS SCHEDULE 2011

Effective December 1st - December 31st

Group Exercise Director - Latretha Howard  
Latretha.Howard@midtown.com

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Atlanta, GA 30339  
(770) 953.1100  
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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY									
6:15-7:15 <b>Zumba</b> B Miraya 9:30-10:30 <b>Step</b> B Karen 10:30-11:30 <b>Group Power</b> B Latretha 10:45-11:45 <b>Aqua Motion</b> P Karen	6:15-7:15 <b>Group Power</b> B Maureen 9:30-10:30 <b>Zumba</b> A Natalie 10:30-11:00 <b>Group Core</b> B Noel	9:30-10:30 <b>Group Step</b> B Latretha 10:00-11:00 <b>Aqua Motion</b> P JC 10:30-11:30 <b>Group Power</b> B Latretha	6:15-7:15 <b>Group Power</b> B Maureen 9:30-10:30 <b>RIPPED</b> B Natalie R 10:30-11:30 <b>Fit &amp; Strong</b> A Christine	9:30-10:30 <b>Ultimate Intervals</b> B Christine 10:00-11:00 <b>Aqua Motion</b> P Karen 10:30-11:30 <b>Zumba</b> A Natalie 11:30-12:00 <b>Group Core</b> B Rotating	9:00-9:45 <b>Cycling</b> C Sonny 9:30-10:30 <b>Big Bang</b> A <b>Circuit Workout</b> Latretha 10:00-11:00 <b>Group Power</b> B Sonny 11:00-12:00 <b>Yoga</b> A Sally 11:00-12:00 <b>Zumba</b> B Miraya 11:00-12:00 <b>Aqua Motion</b> P Susan	9:30-10:30 <b>Group Step</b> B Scott 10:30-11:30 <b>Group Power</b> B Scott 11:30-12:30 <b>Zumba</b> A Erin P									
12:00-1:00 <b>Yoga</b> A Jason 12:00-1:00 <b>Body Def+</b> B Christine	12:00-1:00 <b>Mat Pilates</b> A Christine 12:00-1:00 <b>Group Power</b> B Tanya 12:00-1:00 <b>Cycling</b> C Patty 12:00-1:00 <b>Matinee Aqua</b> P Susan	12:00-1:00 <b>Yoga</b> A Rotating 12:00-1:00 <b>Group Ride</b> C Mark	12:00-1:00 <b>Mat Pilates</b> A Allison 12:00-1:00 <b>Group Power</b> B Latretha 12:00-1:00 <b>Cycling</b> C Bethany 12:00-1:00 <b>Matinee Aqua</b> P Christine	12:00-1:00 <b>Power Yoga</b> A Michelle		1:00-2:00 <b>Yoga</b> A Joan									
5:30-6:00 <b>Ab Blast</b> A Sonny 5:45-6:45 <b>TREKKING</b> Latretha 6:00-7:00 <b>HEAT</b> A Sonny 6:00-7:00 <b>Group Power</b> B Cathy 6:00-7:00 <b>Cycling</b> C Johnny 7:00-8:00 <b>Zumba</b> A Cleo 7:00-8:00 <b>Group Ride</b> C Heather	6:00-7:00 <b>Vinyasa Yoga</b> A Rotating 6:00-7:00 <b>Group Kick</b> B Tiago 6:00-7:00 <b>Cycling</b> C Adriana 7:00-8:00 <b>Group Centergy</b> A Noel 7:00-7:30 <b>Group Core</b> B Tiago	5:30-6:00 <b>Ab Blast</b> A Sonny 6:00-7:00 <b>Zumba</b> A Miraya 6:00-7:00 <b>Group Power</b> B Kristin 6:00-7:00 <b>Cycling</b> C Sonny 7:00-8:00 <b>RIPPED</b> B Natalie R	5:30-6:30 <b>Mat Pilates</b> A Allison 6:00-7:00 <b>Group Kick</b> B Heather 6:00-7:00 <b>Cycling</b> C Marcia 7:00-8:00 <b>Group Centergy</b> A Heather 7:00-8:00 <b>Group Power</b> B Noel	6:30-7:30 <b>Zumba</b> A Erin P											
<p><b>Location Key:</b></p> <table border="0"> <tr> <td>A</td> <td>Studio A</td> <td rowspan="4">Class times, formats, and instructors are subject to change without notice. Please check studio door for updated changes. Classes with low attendance are subject to cancellation.</td> </tr> <tr> <td>B</td> <td>Studio B</td> </tr> <tr> <td>C</td> <td>Cycle Studio</td> </tr> <tr> <td>P</td> <td>Pool</td> </tr> </table> <p><b>Special Events and Programs:</b>  <b>Christmas Eve's Class: December 24th 9:30-11:00am</b>  <b>New Years Eve's Class: December 31st 9:30-11:00am</b>  <b>New Years Day: January 1st Noon-1:30pm</b>  <b>(All other classes are canceled)</b></p>							A	Studio A	Class times, formats, and instructors are subject to change without notice. Please check studio door for updated changes. Classes with low attendance are subject to cancellation.	B	Studio B	C	Cycle Studio	P	Pool
A	Studio A	Class times, formats, and instructors are subject to change without notice. Please check studio door for updated changes. Classes with low attendance are subject to cancellation.													
B	Studio B														
C	Cycle Studio														
P	Pool														

**Ab Blast-** 30 minutes of concentrated abdominal work.

**Aqua Motion-** Get moving in the pool. Easy on the joints, tough on the muscles. Lots of cardio.

**Big Bang-** 60-minute cardio and strength training class designed to work your entire body and burn lots of calories.

**Body Def+-** Thirty to forty minutes of Body Definition, followed by traditional pilates mat workout.

**Cycling-** Cardiovascular training on stationary bikes. Music and visualization will create the experience; you are in charge of the intensity.

**Fit & Strong-** Easy to follow set of basic strength, balance, and flexibility moves.

**Group Centergy-** Redefine yourself with Group Centergy. Grow longer and stronger as you explore this 60 minute journey of Yoga and Pilates movements. Positive uplifting music, group dynamics and supportive instructors will enable you to center your energy, reduce stress and even smile. Discover Group Centergy.

**Group Core-** Let's get Hard Core! Train like an athlete in 30 action packed minutes. A strong core from your shoulders to your hips will improve your athletic performance, prevent back pain and give you Ripped abs. Motivating instructors and outstanding music will coach you through functional and integrated exercises using your body weight, weight plates, a towel and a platform- all to challenge you like never before. Reach Your Peak with Group Core!

**Group Kick-** Group kick brings it on! This electric 60 minute fusion class of martial arts and boxing movements will kick your cardio fitness to the next level while defining and shaping your body and self-confidence! Energetic music, awesome instructors and a group environment will keep you punching, kicking, and smiling! Group Kick will knock you out!

**Group Power-** Group Power is your hour of power! This 60-minute barbell program strengthens all your major muscles in an inspiring, motivating group environment with fantastic music and awesome instructors. With simple, athletic

movements such as squats, lunges, presses, and curls, Group Power is for all ages and fitness levels. Discover results, discover Group Power!

**Group Ride-** Everyone Finishes First in Group Ride! Pedal in groups, roll over hills, chase the pack, climb mountains and spin your way to burning calories and strengthening your lower body. This 60 minute cycling program is geared for anyone that can ride a bike. Motivating music, awesome instructors and an inspiring group environment lets you Ride On!

**Group Step-** Discover new heights with Group Step! Utilizing the step in many positions and heights, this compelling 60-minute cardio program strengthens and shapes the lower body, one step at a time. Energetic music and motivating instructors create this spunky group experience. Step this way with Group Step.

**H.E.A.T-** High Energy Aerobic Training is one hour of intense cardio and strength training drills.

**Mat Pilates-** A body conditioning class, which develops a strong core, flexible muscles, and postural control.

**Matinee Aqua-** Get moving in the pool. Easy on the joints, tough on the muscles.

**Power Yoga-** This dynamic class builds strength and flexibility, sustain focus, and revives spirit.

**R.I.P.E.D-** Experience this total body workout utilizing resistance and cardio training, which combines Resistance, Intervals, Power, Plyometrics, and Endurance.

**Step-** Traditional stepping, up, down, and around, the step. Great for your legs and glutes.

**Step Interval-** Alternates step and strength work. A perfect combination.

**Trekking-** Forty-five minutes of interval training on the treadmill. Changes in speed and incline provide an incredible cardiovascular workout. Space limited to 6 treadmills.

**Ultimate Intervals-** Combination of functional, sports, and resistance training designed to strengthen core muscles, increase strength, and improve cardio health.

**Vinayasa Yoga-** Beginner to intermediate Vinyasa based class that synchronize movements and breathing while linking poses together in a flow.

**Yoga-** A must. Yoga combines flexibility, strength, endurance, and relaxation. The use of breath and concentration will revive you.

**Zumba-** This isn't a class, it's a party. Come and dance to Latin beats while burning calories and sculpting a trim mid section. Geared to all levels.

### **M-Fitness Personal Training:**

Personal training designed with you in mind, with specialized trainers and activities tailored to meet your fitness goals. Whether you're just starting out, a dedicated athlete, or have special fitness concerns, a skilled Midtown trainer can help maximize your results.

Contact Catherine Luciano at 770.953.1100 x639 or Catherine.Luciano@midtown.com and begin your M-Fitness experience today.

### **Group Exercise General Information:**

- No additional fees for any class unless otherwise noted.
- Some classes may require a sign-up, available at the front desk.
- Any class offered outdoors may be relocated or cancelled due to weather.
- Instructor substitutions may occur without notice.
- For more information, contact the Group Exercise Director.

### **During class:**

- Pace yourself – choose classes appropriate to your fitness level.
- As a courtesy, please avoid wearing perfume and cologne in the studio.
- Please bring drinking water for your workout.