



PEACHTREE CENTER
ATHLETIC CLUB
Member of PLUS ONE

Simply Better.

Group Fitness Class Schedule

Jennifer Lyman, Fitness Director
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DECEMBER 2009

Group Exercise Studio

WE HAVE UPDATES!!!
ALL CHANGES DENOTED IN BLUE

	MON	TUE	WED	THU	FRI	SAT	SUN
AM	6:15 – 7:15 Zumba KRISTINE	6:30 – 7:15 H.E.A.T. LABRONZE	6:30 – 7:15 TurboKick™ MIGUEL	6:30 – 7:15 H.E.A.T. LABRONZE		9:15 – 10:00 5, 19 Turbo Kick 12 Afro Funk VICKY	
	7:15 – 8:00 Mat Pilates ANDREA	7:15 – 8:00 Functional Training ANDRE	7:15 – 7:45 Absolution MIGUEL	7:15 – 8:00 Core & Stability ANDRE	7:15 – 8:00 On the Ball KIRK	10:00 – 11:00 Mat Pilates 5, 19 CINDY 12 FAYE	10:30-11:45 Yoga for Athletes CHUCK
NOON	11:00 – 12:10 Iyengar Yoga™ MARK	11:00 – 12:10 Hatha Yoga EVELYN	11:00 – 12:10 Yoga for Athletes MARK		11:00 – 12:10 Iyengar Yoga™ MARK	11:00 – 12:00 Sculpt Solutions 5, 19 VICKY 12 FAYE	
	12:15 – 1:00 Turbo Kick™ JEANETTA	12:15 – 1:00 Upper Body Solutions & AbSolution JENNY	12:15 – 1:00 Cardio Salsa SONIA	12:15 – 1:00 Lower Body Solutions & Stretch JENNY	12:15 – 1:00 Hip Hop ANTON	12:00 – 1:00 Yoga 5, 19 AKSHAK 12 FAYE	
PM	5:15 – 5:35 AbSolution KIRK	5:15 – 5:35 AbSolution MEGAN	5:15 – 5:35 AbSolution KIRK	5:15 – 5:35 AbSolution MEGAN		<p>HAPPY HOLIDAYS! PCAC will be CLOSED FRIDAY DECEMBER 25th!</p> <p><i>Thursday December 24th</i> PCAC Closes @ 2 PM & NO Group Ex Classes Saturday December 26th</p> <p>OUR LAST DAY IS DECEMBER 30th!</p>	
	5:45-6:45 Cardio Barbell™ MONIQUE	5:45 – 6:45 Mat Pilates ANDREA	5:45 – 6:45 Hip Hop ANTON	5:45 – 6:45 Cardio Barbell™ MONIQUE			
	6:45 – 8:15 60 Sculpt & 30 Stretch FAYE			6:45 – 7:45 Yoga AKSHAK			

Spinning® Studio on 10th floor

	MON	TUE	WED	THU	FRI	SAT	SUN
AM	6:30 – 7:15 45 Endurance STEVE	6:30 – 7:15 45 Strength RICK	6:30 – 7:15 45 Endurance STEVE		6:30 – 7:15 45 Interval STEVE	10:00 – 11:00 Instructor Choice STEVE	9:30-10:30 Interval GINA
NOON	12:15 – 1:00 45 Hills JENNY	12:15 – 1:00 45 Interval CHRISTY	12:15 – 1:00 45 Intervals GINA		12:15 – 1:00 45 Interval SONIA		
PM	6:45 – 7:45 60 Strength KEITH	6:00-7:00 60 Interval KEITH		6:45-7:45 60 Strength RICK			

* Indicates Fee Based Class

Pilates Studio on 10th floor

	MON	TUE	WED	THU	FRI	SAT	SUN
AM	7:00-8:00 Reformer Class* CINDY		7:00-8:00 Reformer Class* CINDY		7:00-8:00 Reformer Class* CINDY		
NOON			12:00-1:00 Reformer Class* CINDY				11:00-12:00 Reformer Class* CINDY
PM		6:45 – 7:45 Reformer * ANDREA		5:45-6:45 Reformer Class* CINDY			

Group / Semi-Private Training

	MON	TUE	WED	THU	FRI	SAT	SUN
AM		7:00 – 8:00 Urban Box 101* DEYAN		7:00 – 8:00 Urban Box 101* DEYAN			
NOON	<p>POWER LUNCH* LaBronze Garrett and Megan May Monday through Thursday @ 1 pm for 30 minutes</p>						1:00 – 2:00 Urban Box 101* DEYAN
PM		7:00 – 8:00 Urban Box 101* DEYAN		7:00 – 8:00 Urban Box 101* DEYAN			

Interested in signing up for a Training Group?
Talk to the Trainer or contact the Fitness Director for more information!

Join in TODAY!



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Group Fitness Class Descriptions

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Personal and Group Training Programs

Our Fitness Director pairs each client with the trainer best suited for their specific training goals. We have a trainer for everyone!

Group Training Programs

PCAC offers many group training opportunities from Boot Camps to Road Race training groups...we have it all.

Highlighted for December:

Deyan's URBAN BOX!

LaBronze & Megan's POWER Lunch!

Phidippides Runner Series:
Get the information you need to know about running and races!!

We also have ongoing private and semi-private Pilates Reformer classes each month in our Pilates Studio with Balanced Body™ and Stott™ equipment.

See Fitness Director for more information!

REMINDERS!!!

PCAC will be closing at 2 pm on the 24th & 31st.

Group Fitness Classes are CANCELLED December 26th

The club will be CLOSED on December 25th & January 1st!

We will have regularly scheduled Group Fitness Classes on January 2nd.

DANCE TRAINING

- Cardio Salsa** Spicy, hot, and energetic, this fun dance workout gets you moving your hips and dancing until you sweat to sizzling Latin moves.
- Zumba™** Fuses hypnotic Latin rhythms and easy to follow moves to create a dynamic fitness program that will blow you away! The routines feature interval training sessions where fast and slow rhythms and resistance training are combined to tone and sculpt your body while burning fat!!
- Hip Hop / Hip Hop Hustle** Learn the latest dance moves for Hip Hop to some of the greatest and newest songs on the scene! Break a sweat, work it out, have fun, and DANCE! Leave your insecurities at the door and really get into the movements! This is your time to shine and learn new choreography!

CYCLING

- Spinning 45m / 60m**
 - Endurance** Steady pace to build stamina.
 - Strength** Develop strength and power with relaxed focus as you adapt to increased resistance.
 - Interval** A favorite of coaches because of its effectiveness in *cardiovascular* buildup and its ability to make well-rounded riders and runners.
 - Hills** Imagine riding the hills of the Tour de France, or the Tour de Georgia even, scaling up and floating down.

MUSCLE CONDITIONING

- AbSolution** A 20 or 30 minute workout that will challenge, strengthen, and tone your core muscles.
- Upper / Lower Body Solutions** With 30 minutes of focused work, this class delivers a compact version of Body Sculpt designed to impact your upper or lower body.
- Functional Training** This strength class is designed to improve balance, stability and coordination. Are you looking for great core dynamic training? This is the class for you. Have a Fun-ctional training!
- Core & Stability** Get intense core training with a focus on balance & stability using the ball & balance boards!
- Sculpt Solutions** High intensity strength training utilizing barbells, dumbbells, tubes and plates.

COMBINED CONDITIONING

- H.E.A.T.** Get hot with H.E.A.T.! Train like your favorite athlete with intense drills that will improve your athletic skills, increase your speed, agility, and reaction time, and get you ripped in the process.
- Cardio Barbell** A comprehensive strength conditioning workout that uses an adjustable weight barbell with plates. This unique format targets all your major muscle groups plus challenges your cardio conditioning through interval training.
- Turbo Kick™** A boxing challenge inspired by the sport of Muay Thai, complete with intense intervals, easy to follow combinations, kickboxing specific training, and a Tai Chi or Capoeira (Brazilian Martial Arts inspired form that combines dance with fighting techniques) cool down.

MIND / BODY

- Mat Pilates** A method of exercise and physical movement designed to stretch, strengthen, and balance the body by building a stable base of strength and flexibility in Core musculature – your abs, waist, hips, and trunk.
- Pilates Reformer Training ** FEE BASED**** The Reformer is the major piece of Pilates equipment consisting of pulleys and a sliding platform. Pilates training on the Reformer intensifies the challenge of maintaining balance and stability on a moving surface. *Private or small group Reformer training is available for an additional fee.* Not sure about Pilates Reformer training? Try **Intro to Pilates Reformer** free of charge. *Register at front desk.*
- Stretch** Improve your flexibility and range of motion in this 15 or 30 minute stretch and relaxation class.
- Yoga** A class featuring the ancient practice of Yoga: a series of asanas (postures) to increase flexibility, energy and stillness of mind.
 - Hatha Yoga** Anusara Inspired Yoga with postures that center on technique, flexibility, and breathing with a focused relaxation at the end of class. Flow through the movements, paying close attention to posture.
 - Iyengar Yoga** The most widely recognized approach to Hatha Yoga, characterized by precision performance and the aid of various props, such as cushions, wood blocks, and straps.
 - Yoga for Athletes** This program builds endurance, improves focus, and strengthens key muscles used in many sports, from running to football.
 - Yolates** A flow of yoga and pilates moves taught together for strength, stretching and stress relief.

GROUP / SEMI-PRIVATE TRAINING **FEE BASED**

- Stretching** Everyone needs to loosen up after their workouts, so why not enlist one of our professionals to help you stretch the tension in your muscles away! Any trainer is available for one on one or group stretches
- Power Lunch with LaBronze & Megan** Gear up for a 30 minute total workout with our Trainers Megan May and LaBronze Garrett! Open to members and non members! \$10 per 30 minute session – Need to make the most out of your lunch break? Muscle through with Power Lunch!!
- Urban Box 101 With Deyan** Learn the fundamentals of boxing (stance, mechanics, punches & simple combos) while putting yourself through the challenge of improving overall cardiovascular and muscular endurance, agility, speed, coordination & balance! \$360 for 6 weeks and \$5 for personal hand wraps!

GROUP EXERCISE GUIDELINES

- Be considerate of other members' exercise space; do not crowd out a member who arrived before you.
- Classes and instructors are subject to change without notice.
- Help us keep your exercise space tidy. Please return all equipment to its proper storage area.
- Please feel free to approach instructors if you have any questions or if it is your first time in class.
- If you are pregnant or have other medical changes that may affect your workout, please inform the instructor and have an Exercise Specialist revise your workout program.
- Please refrain from cell phone usage during class.