







ELEVATION

FITNESS

Group Fitness Schedule – March 2019

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:30am	LES MILLS BODYPUMP		LES MILLS BODYATTACK 30 min.		LES MILLS BODYATTACK LES MILLS BODYPUMP 30/30	
6:00am		LES MILLS RPM		LES MILLS RPM		
8:30am						LES MILLS RPM
9:00am	LES MILLS BODYCOMBAT LES MILLS RPM	 TABATA	LES MILLS BODYCOMBAT LES MILLS RPM	ELEVATION BOOTY BURN	LES MILLS BODYATTACK LES MILLS RPM	LES MILLS BODYATTACK
9:30am						LES MILLS BODYPUMP
10:00am	LES MILLS BODYPUMP	LES MILLS BODYFLOW	LES MILLS BODYPUMP	LES MILLS BODYFLOW	LES MILLS BODYPUMP	
10:30am						LES MILLS BODYFLOW
11:15am	 SilverSneakers by TriKey Health Classic		 SilverSneakers by TriKey Health Cardio Circuit		 SilverSneakers by TriKey Health Cardio Circuit	
4:30pm	LES MILLS BODYPUMP		LES MILLS BODYPUMP			
5:30pm	 ZUMBA FITNESS	LES MILLS BODYCOMBAT	tone	 ZUMBA FITNESS		
5:30pm	LES MILLS RPM			LES MILLS RPM		
6:30pm	LES MILLS BODYFLOW	LES MILLS BODYPUMP	LES MILLS BODYFLOW	LES MILLS BODYPUMP		
6:30pm		LES MILLS sprint				

New Opportunity: Every Monday at 11:00am RPM 101
For beginners; 30 minutes of instructional RPM
Come see what you've been missing!

Facility Phone: 770-535-2985
 Facility Hours: M-F 5am-11pm, S-S 7am – 6pm
www.ElevationFitness.com

DayCare Hours:
 M-Fri. 8am – 1:30pm Fri. 4pm – 6pm
 M-Thurs. 4pm – 8pm Sat. 8am – 12pm

CLASS DESCRIPTIONS

BodyAttack	High-intensity cardio workout combining aerobics with strength and stability exercises for building strength and stamina.
BodyCombat	BODYCOMBAT is a high-energy martial arts-inspired workout that is totally non-contact. Punch and kick your way to fitness and burn up to <u>740 calories</u> * in a class. No experience needed. Learn moves from Karate, Taekwondo, Boxing, Muay Thai, Capoeira and Kung Fu. Release stress, have a blast and feel like a champ. Bring your best fighter attitude and leave inhibitions at the door.
BodyPump	Rapid fat-burning class using bar bells to give you the fastest way to tone and condition muscles.
BodyFlow	A class that reinforces flexibility and strength combining the best of yoga, Thai-Chai and Pilates.
Les Mills Tone	If you want the optimal mix of strength, cardio and core training this is it. Step into a LES MILLS TONE™ class and you'll tick off a complete workout in 45 minutes. The challenging mix of lunges, squats, functional training and tubing exercises will help you burn calories and take your fitness to the next level. Also a great foundational class, LES MILLS TONE has a wide variety of options accommodating all fitness levels ensuring everyone leaves the workout feeling successful.
Booty Burn	Ballet inspired exercises designed to tone, lift and strengthen the lower extremities of the body (<i>ie: abs, back, glutes, legs, ankles</i>) plus adding the benefit of improving balance and coordination at the same time. Class is set to upbeat music so very different from Flow or previous Barre class.
Les Mills GRIT – cardio	Les Mills GRIT is a 30-minute high-intensity interval training (HIIT) workout, designed to improve strength and build lean muscle. This workout comes in 3 varieties: cardio, strength and plyo.
Tabata	Plank Walk-Ups - Squat Jumps - High-Plan Bird Dogs Alternating Lunges - Push-ups/Alternating Side Planks Mountain Climbers. Perform 8 rounds of each exercise for 20 seconds followed by 10 seconds of rest. 1-minute rest between exercises. All exercise levels welcome.
<i>Zumba</i>	The Latin-inspired dance fitness program that combines red-hot music with contagious steps too for a “fitness party” that’s addictive
RPM	An indoor cycling workout where you take on the terrain with your inspiring team coach who leads the pack through hills, flats, mountain peaks, time trials and interval training.
SPRINT	A 30-minute High-Intensity Interval Training (HIIT) workout, using an indoor bike to achieve fast results. This workout will motivate you to push your physical and mental limits. It features bursts of intensity where you work as hard as possible, followed by periods of rest that prepare you for the next effort. The payoff is you will smash your fitness goals and burn calories for hours after each workout
SPIN	Come test your legs and lungs in a simulation of cycling’s most challenging competition. An authentic time trial challenge where the only rider you can count on is you.
<i>Power Pedal</i>	CrossFit on a bike at its best. A little bit of everything; cardio, strength, power. It won’t let you down.
SilverSneakers Classic	Have fun and move to the music through a variety of exercises designed to increase muscular strength, range of movement, and activity for daily living skills. Hand-held weights, elastic tubing with handles, and a ball are offered for resistance, and a chair is used for seated and/or standing support.
SilverSneakers Cardio Circuit	Combine fun and fitness to increase your cardiovascular and muscular endurance power with a seated/standing circuit workout. Upper body strength work with hand-held weight, elastic tubing with handles, and a ball is alternated with non-impact choreography. A chair is offered for support, stretching and relaxation exercises.