






# ELEVATION

## FITNESS

### Group Fitness Schedule

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:30am	<b>LES MILLS BODYPUMP</b>		<b>LES MILLS BODYPUMP</b>		<b>LES MILLS BODYATTACK LES MILLS BODYPUMP 30/30</b>	
6:00am		<b>LES MILLS RPM</b>		<b>LES MILLS RPM</b>		
8:30am						<b>LES MILLS RPM</b>
9:00am	<b>LES MILLS BODYCOMBAT  LES MILLS RPM</b>	<b>Peak45 Circuit</b>	<b>LES MILLS BODYCOMBAT  LES MILLS RPM</b>		<b>LES MILLS BODYATTACK  LES MILLS RPM</b>	<b>LES MILLS BODYATTACK</b>
9:30am				<b>Barre</b>		<b>LES MILLS BODYPUMP</b>
10:00am	<b>LES MILLS BODYPUMP</b>	<b>LES MILLS BODYFLOW</b>	<b>LES MILLS BODYPUMP</b>	<b>LES MILLS BODYFLOW</b>	<b>LES MILLS BODYPUMP</b>	
10:30am						<b>LES MILLS BODYFLOW</b>
11:15am	 <b>SilverSneakers</b> by TriKey Health Classic		 <b>SilverSneakers</b> by TriKey Health Cardio Circuit		 <b>SilverSneakers</b> by TriKey Health Cardio Circuit	
4:30pm	<b>LES MILLS BODYPUMP</b>		<b>LES MILLS BODYPUMP</b>			
5:30pm		<b>LES MILLS BODYCOMBAT</b>	<b>tone</b>			
5:30pm	<b>LES MILLS RPM</b>			<b>LES MILLS RPM</b>		
6:00pm		<b>LES MILLS sprint</b>				
6:30pm	<b>LES MILLS BODYFLOW</b>	<b>LES MILLS BODYPUMP</b>	<b>LES MILLS BODYFLOW</b>	<b>LES MILLS BODYPUMP</b>		

Facility Phone: 770-535-2985

Facility Hours: M-F 5am-11pm, S-S 7am – 6pm

[www.ElevationFitness.com](http://www.ElevationFitness.com)

DayCare Hours:

M-Fri. 8am – 1:30pm    Fri. 4pm – 6pm

M-Thurs. 4pm – 8pm    Sat. 8am – 12pm

## CLASS DESCRIPTIONS

<b>BodyAttack</b>	High-intensity cardio workout combining aerobics with strength and stability exercises for building strength and stamina.
<b>BodyCombat</b>	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.
<b>BodyPump</b>	Rapid fat-burning class using bar bells to give you the fastest way to tone and condition muscles.
<b>BodyFlow</b>	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.
<b>Booty Burn</b>	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 <b>GRIT</b>	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.
<b>Peak45 Circuit</b>	Peak 45 is a 45-minute-high intensity interval training (HIIT) class. Cardio stations and Strength stations mixed together to improve cardiovascular endurance and build lean muscle mass. The stations are timed at different intervals to optimize maximum performance.
<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
<b>RPM</b>	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.
<b>SPRINT</b>	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
SilverSneakers <b>Classic</b>	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 <b>Cardio Circuit</b>	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.