



atlanta wellness
Lifestyle and Sports Fitness

February Group Schedule

February Hours:

Monday –Thursday 6:00 am to 8:00 pm

Friday 6:00 am to 5:00 pm

Saturday 9:00 am to 1:00 pm

Personal Training and Massage Therapy by appointment

www.atlwellness.com

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 8:30-9:30am Interval Training (Christine) 12:15-1:00pm Body Sculpting (Beth) 7:00-8:00pm Yoga (Haley)	2 8:00-9:00am Yoga (Christine) 12:15-1:15pm Yoga (Beth)	3 8:30-9:30am 20/20/20 (Christine) 12:15-1:15pm Yoga for Strength (Beth) 6:00-7:00pm Yoga (Beth)	4 8:00-9:00am Yoga (Christine) 12:15-1:15pm Yoga (Beth)	5 8:30-9:30am Interval Training (Christine) 12:15-1:00pm Body Sculpting (Beth)	6
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Interval Training: A total body cross-training class that focuses on sculpting and cardio conditioning using a variety of fun aerobic drills and free weights.

Yoga: A Vinyasa flow style that emphasizes various poses in a non-competitive, de-stressing atmosphere. Develops muscle strength, endurance and toning while restoring flexibility, balance, posture and focus. This class is multi-level.

Yoga for Strength and Toning: A more intense and active class with less instruction. Extra emphasis placed on strength training exercises.

20/20/20: Overall conditioning class that focuses on cardio, strength, abs and flexibility in 20-minute segments.

Body Sculpting: A 45-minute class of full body toning and strengthening exercises.