



atlanta wellness
Lifestyle and Sports Fitness

December Group Schedule

December 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 8:00-9:00 am Yoga (Christine) 12:15-1:15pm Yoga (Beth) 6:00-7:00pm Cardio/Strength (Haley)	2 8:30-9:30am 20/20/20 (Christine) 12:30-1:15pm Body Sculpting (Beth)	3 8:00-9:00 am Yoga (Christine) 12:15-1:15pm Yoga (Beth)	4 8:30-9:30am Interval Training (Christine)	5
6	7 8:30-9:30am Interval Training (Christine) 12:30-1:15pm Body Sculpting (Beth)	8 8:00-9:00 am Yoga (Christine) 12:15-1:15pm Yoga (Beth) 6:00-7:00pm Cardio/Strength (Haley)	9 8:30-9:30am 20/20/20 (Christine) 12:30-1:15pm Body Sculpting (Beth)	10 8:00-9:00 am Yoga (Christine) 12:15-1:15pm Yoga (Beth)	11 8:30-9:30am Interval Training (Christine) 12:30-1:15pm Body Sculpting (Beth)	12
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20	21 8:30-9:30am Interval Training (Christine) 12:30-1:15pm Body Sculpting (Beth)	22 8:00-9:00 am Yoga (Christine) 12:15-1:15pm Yoga (Beth) 6:00-7:00pm Cardio/Strength (Haley)	23 8:30-9:30am 20/20/20 (Christine) 12:30-1:15pm Body Sculpting (Beth)	24 Closed for Holiday	25 Closed for Holiday	26
27	28 8:30-9:30am Interval Training (Christine) 12:30-1:15pm Body Sculpting (Beth)	29 8:00-9:00 am Yoga (Haley) 12:15-1:15pm Yoga (Beth) 6:00-7:00pm Cardio/Strength (Haley)	30 8:30-9:30am 20/20/20 (Christine) 12:30-1:15pm Body Sculpting (Beth)	31 Closed for Holiday	1 Closed for Holiday	2

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 60-minute class that emphasizes various poses in a non-competitive, de-stressing atmosphere. Develops muscle strength, endurance and toning while restoring flexibility, balance, posture and focus.

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

Cardio/Strength: A 60-minute class focusing on cardio, overall strength training and flexibility.

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