

# Group Exercise Schedule - February 2012

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	Yoga 7:15-8:15AM Alex Aerobics Studio	Sunrise Yoga 6:15-7:15AM Michael Aerobics Studio		Sunrise Yoga 6:15-7:15AM Michael Aerobics Studio	Yoga 7:15-8:15AM Alex Aerobics Studio	<b>NEW!</b> Dance Trance 9:15-10:15AM Keller Aerobics Studio
						Yoga 10:30-11:30AM Alex Aerobics Studio
	Power Pump 12:00-1:00PM Terri Aerobics Studio	Kick Box & Abs 12:15 - 1:15PM Lashae Aerobics Studio	Yoga 12:00 - 1:00PM Judith Aerobics Studio	Boot Camp 12:15PM-1:15PM Lashae Aerobics Studio	Yoga 12:00 - 1:00PM Judith Aerobics Studio	
<b>NEW!</b> Dance Trance 2:00-3:00PM Keller Aerobics Studio	Yogalates 1:00-2:00PM Judith Aerobics Studio	PiYo 5:45-6:45PM Alex Aerobics Studio	<b>NEW!</b> Dance Trance 5:30-6:30PM Keller Aerobics Studio	Stretch 5:00PM-5:45PM Sara Aerobics Studio	Yoga 5:30PM-6:30PM Jessica Aerobics Studio	
	Cardio Sculpt 5:30-6:30PM Freddy Aerobics Studio		Prenatal Toning, Fitness & Yoga Combo (1/12 - 3/2) 7:00-8:00PM Lauren Aerobics Studio	Zumba 5:45PM-6:45PM Sara Aerobics Studio		
	<b>NEW!</b> Dance Trance 8:00-9:00PM Keller Aerobics Studio		<b>NEW!</b> Dance Trance 8:00-9:00PM Keller Aerobics Studio			
POOL CLASSES						
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						2:00-3:00PM (1/22 - 2/12) Pregnancy water aerobics 3:00-4:00PM (1/22 - 2/12) H <sub>2</sub> O Baby! class
INDOOR CYCLING CLASSES						
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	Cycle 60 6:30-7:30AM Donna		Cycle 60 6:30-7:30AM Sara		Cycle 60 6:30-7:30AM Amy	Cycle 60 9:15-10:15AM Donna
Cycle 60 1:00-2:00PM Sara	Cycle 60 12:15-1:15PM Gia	Cycle 60 6:00-7:00PM Sara	Cycle Zone 12:15-1:00PM Abe		Cycle 60 12:15-1:15PM Abe	
		Triathlon Training 6:30-7:30PM Gia		Triathlon Training 6:30-7:30PM Gia		



QUESTIONS? Contact the Athletic Club & Spa Reception Desk: (404) 442-2660 -or- Terri Harof, tharof@cityclubofbuckhead.com

ATHLETIC CENTER HOURS: Mon-Thu 5:30am-9:00pm; Fri 5:30am-8:00pm; Sat 9:00am-5:00pm; Sun 10:00am-3:00pm

ATLANTA FINANCIAL CENTER \* 3353 PEACHTREE ROAD NE \* NORTH TOWER, SUITE T-01 \* ATLANTA, GA 30326  
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