

# Group Fitness Schedule



# July 2018

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>Group Fitness Studio</b>						
	Yoga 7:15am-8:15am Michael J	Sunrise Yoga 6:15am-7:15am Michael	Tabata 7:15am-8:00am Tuesday	Sunrise Yoga 6:15am-7:15am Michael		
				<i>Mat Pilates – only class offered for this month will be on <b>July 12<sup>th</sup></b> at 7:30am.</i>		Yoga 10:00am-11:00am Jordan
	Heat it Up! 12:15pm-1:00pm Michaelene		Booty Barre 12:00pm-1:00pm Michaelene		Yoga Strength 12:00pm-1:00pm Katie	
	Yoga 1:15pm-2:15pm Tony	Boot Camp 12:15pm-1:00pm Champ	Yoga 1:15pm-2:15pm Tony	Calorie Killer 12:15pm-1:00pm Champ	Strength & Tone 1:15pm-2:00pm Champ	
			Flow Yoga 5:30pm- 6:30pm Rylee			
<b>Cycling/Reformer Room</b>						
		Endurance Cycle 12:00pm-1:00pm Michaelene	Cycle 60 6:30am-7:30am Donna	Pilates Reformer 12:00pm-1:00pm Michaelene	Cycle 60 6:30am-7:30am Tuesday	Cycle 60 8:30am-9:30am Donna
	Cycle 45 12:00pm-12:45pm Ashley	Pilates Reformer 1:15pm-2:15pm Michaelene	Cycle 45 12:00pm-12:45pm Ashley			
		Cycle 45 6:00pm-6:45pm John				

QUESTIONS? Contact the Athletic Club and Spa Reception Desk: (404) 442-2660  
or email Erin Faris at [efaris@cityclubofbuckhead.com](mailto:efaris@cityclubofbuckhead.com)

ATHLETIC CENTER HOURS: Mon-Thu 5:30am-9:00pm; Fri 5:30am-8:00pm; Sat 8:30am-5:00pm; Sun 10:00am-4:00pm