

Group Fitness Schedule



October 2017

ATHLETIC CLUB & SPA

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Group Fitness Studio						
	Yoga 7:15am-8:15am Michael J	Sunrise Yoga 6:15am-7:15am Michael	Tabata 7:15am-8:15am Tuesday	Sunrise Yoga 6:15am-7:15am Michael		
						Yoga 10:00am-11:00am Angel
	Beach Body 12:00pm-1:00pm Michaelene		Booty Barre 12:00pm – 1:00pm Michaelene	Calorie Killer 12:15pm-1:00pm Champ	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	Zumba 1:15am-2:15pm JoAnna	Strength & Tone 1:15pm-2:00pm Champ	
	Tabata 6:00pm-7:00pm Emilee	Gut-Check Circuit 6:00pm- 7:00pm Amanda	Flow Yoga 6:00pm- 7:00pm Rylee	Gut-Check Circuit 6:00pm- 7:00pm Amanda		
Cycling/Reformer Room						
	Cycle 60 6:30am-7:30am Tuesday	Endurance Cycle 12:00pm-1:00pm Michaelene	Cycle 60 6:30am-7:30am Donna	Pilates Reformer 12:00pm-1:00pm Michaelene <i>*Please sign up by the Monday before class.</i>	Cycle 60 6:30am-7:30am Tuesday	Cycle 60 8:30am-9:30am Donna
	Cycle 45 12:00pm-12:45pm Ashley	Cycle 45 6:00pm-6:45pm John			Cycle 45 12:00pm-12:45pm Ashley	

QUESTIONS? Contact the Athletic Club and Spa Reception Desk: (404) 442-2660
or email Erin Faris at 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