

January 2012

GYM OF BUCKHEAD

Try our Metabolic Switch Training...
Ask a personal trainer TODAY!!!!

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
AB LAB 8:45am -30 min <u>Marilu</u>		Ride 6:00am -60 min <u>Mandi</u>	BodyPump 8:30am-60min <u>Karen</u>		Endurance Ride 9:30am-60 min <u>April / Clare</u>
Bodyblast 9:30am -60min <u>Jeffrey</u>	BodyPump 8:30am -60 min <u>Karen G.</u>	Morning Ride 8:30am -60 min <u>Marc</u>	BodyFlow 9:30am - 60 min <u>Karen G.</u>	Ultimate Conditioning 8:30am-60 min <u>Victor</u>	BodyPump 10:30am-60 min <u>Kimberly</u>
AB LAB 5:30pm -30 min <u>Lisa</u>	<i>Cardio</i> Conditioning 10:00am - 60 min <u>Reggie</u>	Chisel 9:30am - 60 min <u>Victor</u>		Interval 9:45am - 60 min <u>Reggie</u>	Body Flow 11:30am-60 min <u>Karen G</u>
BodyPump 6:00pm-60 min <u>Lisa</u>		AB LAB 5:30pm -30 min <u>Jeffrey</u>	In the Zone 5:45pm - 60 min <u>Shannon</u>		
Ride 6:15pm-60 min <u>Clare</u>	Ultimate Conditioning 5:30pm -60 min <u>Victor</u>	BodyBlast 6:00pm -60 min <u>Jeffrey</u>	Zumba 6:15pm-60 min <u>Cindy</u>	Zumba 5:35pm-60 min <u>Jeffrey</u>	
		Ride 6:15pm-60 min <u>Clare</u>			

All classes are subject to change .

AB LAB An AB- fab workout for your abdominal and lower back to perfectly sculpt your middle body.

Belly,Butt and Thighs The name speaks for itself! You wanna rock hard abs and well define lower body!!! Join this intense hour long workout that will leave you screaming for more!

Body Flow Try this revolutionary,holistic approach to fitness. This class reinforces flexibility and strength, combining the best of Yoga,Tai Chi, and Pilates. Body Flow brings mind and body into perfect harmony.

BodyPump Rapid fat burning class that uses barbells to give you a great way to tone and conditions muscles.

Bodyblast Kick-butt cardio moves with some amazingly challenging horizontal moves in this intensity driven cardio class. A calorie burning cardio and core work-out all in one.

Ride Come spin and enjoy the music, burn those calories , and loose yourself in this intense kissA** spin class taught by Clare. Just like the road ahead this class is full of hills,sprints, climbing, speed drills and Kickin a** !

Interval Training It's your workout at your pace. Interval style.Enjoy notable improvements week to week.

CARDIO CONDITIONING Rise and shine .. Resistance training using bodyweight and added resistance with plates and bars. Then some challenging CARDIO intervals to get your body moving for that additional calorie burn.

Ultimate Conditioning It's the next level of training. Your muscular strength and endurance will be tested when combined with cardiovascular movement. A total body workout that is challenging and feels like you're training one-on-one with a private trainer. Great for all levels of fitness!

In the Zone(Spin) Come early to grab your heart rate monitor and let Amy take your cardiovascular conditioning to the next level. Let's monitor your ride to make sure you LIVESTRONG! It is our goal to keep you in the zone!!!

Morning Ride Drop those kids off ! Come ride where you are challenged by speed drills, climbing, and endurance.In this great upbeat spin class!

Zumba Come join the party! This is the most fun that you will have in an hour. Fun easy to follow cardio,with latin,hip hop and top 40 music.

******Hardcore** High Intensity Interval Training. Take your workout to the extreme. This class challenges everyone.All levels welcome



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