

# GROUP FITNESS SCHEDULE / June 2018

## MONDAY

6:15-7a	<b>SPIN</b> Keith	Studio 3
6:15-7a	<b>Barre Fusion</b> Lilia*	Studio 1
12-12:45p	<b>Kettlebell Conditioning</b> Julie	Studio 1
12:30-1:15p	<b>Trek and Tone</b> Emma	Fitness Floor
12:45-1:30p	<b>TurboFit</b> Wayne	Studio 1
1-1:45p	<b>TriggerPoint Yoga</b> Karen	Studio 2
6- 6:45p	<b>BARRE</b> Katie	Studio 1

## TUESDAY

6:15-7a	<b>SPIN</b> Carolina	Studio 3
7-7:30a	<b>Core Power</b> Devin	Studio 1
12-12:45p	<b>Rip N'Ride</b> TBD	Studio 3
12-12:30p	<b>SHOCK</b> Devin	Studio 1
12:30-1p	<b>SHOCK</b> Devin	Studio 1
5:30-6:15p	<b>Zumba</b> Lilia	Studio 1
6:30-7:45p	<b>Vinyasa Yoga</b> Frani	Studio 1

## WEDNESDAY

6:15-7a	<b>SPIN</b> Keith	Studio 3
7a-7:30a	<b>SHOCK</b> Devin	Studio 1
11:15a-12p	<b>Barre Fusion</b> Lilia	Studio 1
12-12:30p	<b>SHRED</b> Sam	Studio 1
12-12:45p	<b>Rip N'Ride</b> Nicole	Studio 3
12:30-1p	<b>Core Crusher</b> Sam	Studio 1
1-1:30p	<b>Octane Cross Circuit</b> Noel*	Fitness Floor
1-1:45p	<b>Ballet Strong</b> Sam	Studio 1
6-7p	<b>Power Pilates</b> Michael	Studio 1

## THURSDAY

7-7:45a	<b>Kettlebell Conditioning</b> Jameelah	Studio 1
12-12:45p	<b>Power Pilates</b> Monique	Studio 1
12-12:30p	<b>Trekking</b> Carolina	Fitness Floor
12:45-1:30p	<b>Kick &amp; Cut</b> Monique*	Studio 1
5:30-6:15p	<b>Beat Boss</b> Keisha	Studio 3
6:15-7:00p	<b>Total Body Blast</b> Keisha	Studio 1

## FRIDAY

6:15-7a	<b>SPIN</b> Keith	Studio 3
7-7:30a	<b>SHRED</b> Keith	Studio 1
12-12:30p	<b>Tabata Power</b> Tatum	Studio 1
12:30-1:15p	<b>Yoga</b> Channing	Studio 1



RESOLUTION FITNESS  
AT 191

## RESOLUTION FITNESS

191 Peachtree Tower, Third Floor  
191 Peachtree Street,  
Atlanta, GA 30303  
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## CLASS DESCRIPTIONS

**Ballet Strong:** This 45-minute Pilates workout incorporates ballet as you work up a sweat!

**Barre:** Try this toning class that focuses on strengthening and lengthening your muscles. It's the perfect way to switch up your routine!

**Barre Fusion:** A mix between dance and heart pumping strength and cardio, this class will help you take your fitness to the next level!

**Beat Boss:** Ride to the beat of every song during this 45-minute cycling class. Find your rhythm and challenge your legs like you never have before on a bike!

**Core Crusher:** This class will challenge you to the core! Get rock-hard abs and gain overall strength in your mid-section with this challenging core workout.

**Core Power:** A strong core is integral to overall strength, posture, and daily life. Take this 30-minute core blaster to truly challenge your core strength.

**Kettlebell Conditioning:** Tone your entire body with kettlebells in this sculpting class that combines cardio and strength training for an intense full-body workout.

**Power Pilates:** Improve your core strength, flexibility and posture while conditioning and toning your entire body. This class adds more power to your Pilates routine by utilizing light free weights, Pilates rings, and your own bodyweight.

**TriggerPoint Yoga:** This class blends self-applied trigger point treatments with functional yoga poses. Relieve muscular tension and prepare your body to safely stretch with this unique style of yoga.

**Rip N'Ride:** Improve your cardiovascular condition, increase muscle tone and have fun in this heart-racing cardio class mixed with free-weight toning exercises.

**SHOCK:** Challenge yourself with this high-intensity interval training class! Be prepared for anything as

you complete cardio drills and strength training moves throughout class.

**SHRED:** Challenge yourself in this strength and muscle conditioning class that uses bodyweight and fitness tools to work the entire body!

**Kick & Cut**  
This 45-minute class is not your typical Kickboxing! Grab some weights to challenge yourself even more!

**Octane Cross Circuit:** 30-minutes of intense cardio and strength training on the Octane Ellipticals with Powerblocks!\*

**SPIN:** If you are looking for a heart racing, cardiovascular-strengthening, interval class – Then you've found your solution! Get a great cardio workout in 45 minutes on the bikes.

**Tabata Power:** Push yourself to the max with this high-intensity interval class, designed to give you a total body strength and cardio workout in a quick 30 minutes.

**Total Body Blast:** This full body interval class will help you improve your cardio and strength all in one 45-minute class.

**Trekking:** Get your heart pumping and watch your cardiovascular fitness increase with this treadmill workout. Go the distance with sprint intervals and hills, but be ready for anything!

**TurboFit**  
Get your engine running and heart pumping with this high intensity cardio and strength training class!

**Vinyasa Yoga:** Vinyasa means "breath-synchronized movement." Through guided instruction, you will flow from one pose to the next seamlessly in this 45-minute class.

**Yoga:** Lengthen and tone your muscles as you find your center in this lunchtime Yoga class.

**Zumba:** Add some international zest to your workout! Dance your way into a better body by burning tons of calories with easy to follow moves and fun Latin beats!