

# GROUP FITNESS SCHEDULE / March 2018

## MONDAY

6:15-7a	SPIN Keith	Studio 3
6:45-7:30a	Vinyasa Yoga Channing	Studio 1
12-12:45p	Kettlebell Conditioning Julie	Studio 1
12:30-1:15	Trek and Tone Emma	Fitness Floor
12:45-1:30p	TurboFit Wayne	Studio 1
1-1:45p	TriggerPoint Yoga Karen	Studio 2
6-6:45p	BARRE Katie	Studio 1

## TUESDAY

6:15-7a	SPIN Michael	Studio 3
7-7:30a	Core Power Devin	Studio 1
12-12:45p	Rip N'Ride Lenee	Studio 3
12-12:30p	SHOCK Devin	Studio 1
12:30-1p	SHOCK Devin	Studio 1
5:30-6:15p	Zumba Lilia	Studio 1
6:30-7:45p	Vinyasa Yoga Frani	Studio 1

## WEDNESDAY

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

## THURSDAY

6:45-7:30a	Kettlebell Conditioning Watson	Studio 1
12-12:45p	Power Pilates Monique	Studio 1
12-12:30p	Trekking Gwen	Fitness Floor
1:00-1:30p	Kick & Cut Monique	Studio 1
5:30-6:15p	Beat Boss Keisha	Studio 3
6:15-7:00p	Total Body Blast Keisha	Studio 1

## FRIDAY

6:15-7a	SPIN Keith	Studio 3
7-7:30a	SHRED Keith	Studio 1
12-12:30p	Tabata Power Gwen	Studio 1
12:30-1:15p	Yoga Channing	Studio 1

## SATURDAY

11a-11:45a	Vinyasa Yoga Michael	Studio 1
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RESOLUTION FITNESS  
AT 191

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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!

**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.

**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 30 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 Core:** A strong core is integral to overall strength, posture, and daily life. This class combines intervals of intense abdominal work with a multiple of functional exercises. In just 30 minutes, you'll burn fat and strengthen your core.

**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!

\*Indicates new class or instructor

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