



RESOLUTION FITNESS
AT 191



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MARCH 2018

470-346-2580

www.facebook.com/191ResolutionFitness



MARCH

Nutrition Workshop March 8, 12-1pm, St. 500

FitTrip Participants: Please join Alissa Palladino, Registered Dietitian, for our annual FitTrip Nutrition Workshop to learn the importance of every day nutrition and how to properly fuel for your workouts. Sign up at the front desk to reserve your spot!

Good Measure Meals Tasting March 15th, 11:30-1:30

Join us as Good Measure Meals will be serving samples of their healthy menu options in Resolution Fitness. Come grab a sample and get more information on the meal plans offered!

Kangoo March 15th, 12:45-1:30

Kangoo is back for more fitness and fun! Sign up at the front desk to secure your spot!

FitTrip

Attention FitTrippers! We are reaching that halfway point of FitTrip! If you want to make sure you are on track with your fitness and nutrition goals, sign up for the mid-point DEXA scan today! See front desk for more details! Keep up the great work!

Midway DEXA Weigh-Ins:

March 15th & 22nd

See front desk to sign up!

New Group Fitness Classes!

Be sure to check out the new group fitness classes offered on Monday and Thursday!

Membership Amenities:

Personal Training/Reformer Pilates:

Interested in Personal Training or Pilates? Private and semi-private sessions available! See front desk for pricing. Contact Noel at noelr@191resolutionfitness.com for more information!

Nutrition Consulting

Good Measure Meals has partnered with Corporate Sports Unlimited to provide members with access to **Registered Dietitian**, Alissa Palladino, who is available for consultations at the fitness center. Alissa is available for Initial Nutrition Assessments, Follow Up Consults, MedGem Resting Metabolic Rate Analysis, and Nutrition Lunch and Learns.

Massage Therapy

Chair Massage/Stretch Sessions: Wednesdays between 11:40am-1:40pm, Sign ups in the fitness center lobby, Cost is \$1 per minute up to 30 minutes. Table Massage: Swedish, Deep Tissue or Stretching appointments available in 60 or 90-minute increments, 24-hour appointment notice required. Corporate massages available in your workspace. Contact Noel at noelr@191resolutionfitness.com to schedule.

Personal Coaching Sessions/Equipment Orientations

Schedule a one-time complimentary personal coaching session to measure your muscular endurance, cardiorespiratory fitness, flexibility, and body composition. Then, take advantage a free equipment orientation! Learn how to use the strength and cardio machines properly to maximize your exercise efforts. Contact Noel at noelr@191resolutionfitness.com to schedule your appointment today!

APRIL

FitTrip Continues, Big Peach Foam Roll clinic, and more!

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
12:30-1:15p	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
191 Peachtree Tower, Third Floor
191 Peachtree Street,
Atlanta, GA 30303
470.346.2580

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

Resolution Fitness is professionally managed by



MARCH

Corporate Health Unlimited and Alissa Palladino are proud to partner with Good Measure Meals™ to provide professional nutrition services to help you achieve your best self. Each month we will feature a favorite Good Measure Meals recipe. Enjoy!

Orange Berry Bean Smoothie

Frances Ennis, RDN, LD

Serves 1-2

Ingredients:

1/2 cup low sodium canned black beans
1 cup strawberries
1/2 cup blueberries
1 small banana
1/2 cup orange juice
1 cup ice



Directions

Place all ingredients in a blender and blend until smooth. Enjoy!

Calories 156; Total Fat 1g; Saturated Fat 0g; Protein 4g; Carbohydrate 36g; Fiber 7g; Sodium 62mg



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Hours of Operation

Monday thru Friday from 5:00am until 8:00pm

Saturday from 8:00am until 2:00pm

Sunday — CLOSED

