



GROUP FITNESS

JUNE

NEW!

MON 12:15PM

RIP N RIDE

Please don't stop the music!! Periods of cycling mixed with periods of strength training to give you a great cardiovascular and strength workout.

TUES 12:15PM

PILATES

A Pilates mix of mat based/standing/wall mash up. Burn calories and train your core, mobility, balance, flexibility and overall body awareness.

WED 12:00PM

YOGA

A necessary component of your daily workout. This class will help in recovery from all of the daily wear and tear on your body and muscles while increasing flexibility and promoting relaxation.

THU 12:15PM

THE "PULSE"

Cardio ✓

Strength Training ✓

Total body strength x cardio class using machines, free weights, kettlebells and body weight. Class location rotates between main fitness floor and group fitness studio.

Classes are open to all members and all levels of fitness

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