



# GROUP FITNESS

AUGUST

## 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.

## WED 5:15PM *SUMMER SHAPE UP!*

Summer is here! Let's get in shape. This is a bootcamp style class inclusive of cardio/strength training and designed to make you sweat! Join the fun!

## 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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