



GROUP FITNESS

OCTOBER

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.

10/27 SPOOKY SPIN - Wear a costume!!

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.

10/14 PINK OUT PILATES - Wear pink in honor of Breast Cancer Awareness!!

TUES 12:15PM *STEP - 80's STYLE*

10/21 ONLY! Wear your 80's fitness and let's get moving! Headbands and wrist bands provided!

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.

10/30 HALLOWEEN HIIT - "Men In Black" Edition,
Wear all black

Classes are open to all members and all levels of fitness

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