

Group Exercise Schedule - September 2010

| SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|------------------------|---|---|---|---|--|---|
| | Yoga 7:15-8:15AM Alex Aerobics Studio | Sunrise Yoga 6:15-7:15AM Michael Aerobics Studio | | Sunrise Yoga 6:15-7:15AM Michael Aerobics Studio | Yoga 7:15-8:15AM Alex Aerobics Studio | |
| | | | | | | Yoga 10:15-11:15AM Alex Aerobics Studio |
| | Power Pump 12:15-1:15PM Terri Aerobics Studio | Kick Box & Abs 12:15 - 1:15PM Lashae Aerobics Studio | Yoga 12:00 - 1:00PM Judith Aerobics Studio | Boot Camp 12:15PM-1:15PM Lashae | Power 30 12:00-1:00PM Abe Aerobics Studio | |
| | Cardio Sculpt 5:30-6:30PM Freddy Aerobics Studio | | Power 30 6:00-7:00PM Abe Aerobics Studio | | | |
| | Power Yoga 6:30-7:30PM Judith Aerobics Studio | Power Pump 6:30-7:30PM Judy Aerobics Studio | | | | |
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| POOL CLASSES | | | | | | |
| SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
| | | | | | | 2:30-3:30PM (6/12 - 710) Pregnancy water aerobics 3:30-4:30PM (6/12 - 710) H ₂ O baby class |
| INDOOR CYCLING CLASSES | | | | | | |
| SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
| | Indoor Cycling 6:30-7:30AM Amy | | Indoor Cycling/Core 6:30-7:30AM Amy | | Indoor Cycling 6:30-7:30AM Eva | Indoor Cycling 9:00-10:00AM Amy |
| | Cycle Zone 12:15-1:15PM Bing | Cycle Zone 12:15-1:00PM Bing | | | Power 30 12:00-1:00PM Abe | |
| | | Cycle Zone 6:00-7:00PM John | Power 30 6:00-7:00PM Abe | | | |



CITY CLUB

OF BUCKHEAD
ATHLETIC CLUB & SPA

QUESTIONS? Contact the Athletic Club & Spa Reception Desk: (404) 442-2660 -or- Terri Harof, tharof@cityclubofbuckhead.com

ATHLETIC CENTER HOURS: Mon-Thu 5:30am-9:00pm; Fri 5:30am-8:00pm; Sat 8:00am-5:00pm; Sun 1:00pm-5:00pm

ATLANTA FINANCIAL CENTER * 3353 PEACHTREE ROAD NE * NORTH TOWER, SUITE T-01 * ATLANTA, GA 30326
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