

# CHAMBLEE BASE GROUP FITNESS

## FEBRUARY 2012 SCHEDULE

The Big Room							
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:00 am	<b>BODYPUMP</b> <i>Renae</i>		<b>BODYPUMP</b> <i>Vanessa</i>		<b>BODYPUMP</b> <i>Kris</i>		
8:30 am	<b>BODYATTACK</b> <i>Susan</i>	<b>BODYPUMP</b> <i>Candace</i>		<b>BODYPUMP</b> <i>Kris</i>	<b>BODYATTACK</b> <i>Tina</i>		
9:00 am						<b>BODYCOMBAT</b> <i>Alia/Gloria</i>	<b>BODYSTEP</b> <i>Stephanie</i>
9:30 am	<b>BODYPUMP</b> <i>Tina</i>	<b>BODYSTEP</b> <i>Carol</i>	<b>BODYPUMP</b> <i>Stephanie</i>	<b>BODYSTEP/ CXWORX COMBO</b> <i>Stephanie</i>	<b>BODYPUMP</b> <i>Susan</i>		
10:00 am						<b>75 MINUTE BODYPUMP/ CXWORX COMBO</b> <i>Jacob</i>	<b>BODYPUMP</b> <i>Bri</i>
11:15 am						<b>BODYSTEP</b> <i>Susan/Michelle</i>	
12:00 pm		<b>BODYPUMP</b> <i>Gaby</i>					
3:30 pm							<b>BODYPUMP</b> <i>Paige</i>
4:30 pm	<b>BODYSTEP</b> <i>Susan/Michelle</i>	<b>BODYPUMP</b> <i>Jeremiah</i>	<b>BODYATTACK</b> <i>Tina/Susan</i>	<b>BODYPUMP</b> <i>Susan</i>	<b>BODYSTEP</b> <i>Carol</i>		
5:30 pm	<b>BODYPUMP</b> <i>Mandy</i>	<b>BODYATTACK</b> <i>Tina</i>	<b>BODYPUMP</b> <i>Monika/Gloria</i>	<b>BODYSTEP</b> <i>Susan</i>	<b>BODYPUMP</b> <i>Renae</i>		
6:30 pm	<b>BODYCOMBAT</b> <i>Jacob/Mandy</i>	<b>BODYPUMP</b> <i>Jennifer</i>	<b>BODYCOMBAT</b> <i>Candace</i>	<b>75 MINUTE BODYPUMP/ CXWORX COMBO</b> <i>Jeremiah</i>			
7:30 pm	<b>CXWORX</b> <i>Michael/Jacob</i>						

Yoga Studio							
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
9:30 am	<b>BODYFLOW/ CXWORX COMBO</b> <i>Jacob/Monika</i>		<b>BODYFLOW</b> <i>Tina</i>				
10:30 am					<b>BODYFLOW</b> <i>Gloria</i>		
11:00 am						<b>BODYFLOW</b> <i>Michael</i>	<b>BODYFLOW</b> <i>Monika</i>
5:30 pm				<b>BODYFLOW</b> <i>Bri</i>			
7:30 pm		<b>BODYFLOW</b> <i>Monika</i>		<b>BODYFLOW</b> <i>Jennifer</i>			

Cycle Studio							
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:00 am		RPM <i>Renae</i>		RPM <i>Beth</i>			
8:30 am	RPM <i>Paige</i>		RPM <i>Abby</i>		RPM <i>Renae</i>		
8:45 am						RPM <i>Amanda</i>	
4:30 pm							RPM <i>Renae</i>
5:45 pm		RPM <i>Beth</i>		60 MINUTE RPM <i>Renae</i>			
6:45 pm	RPM <i>Jennifer</i>		RPM <i>Lindsey</i>				

AGX Room							
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
11:00 am						ZUMBA <i>Carol</i>	
1:00 pm	SILVER SNEAKERS YOGA STRETCH <i>Patricia</i>	SILVER SNEAKERS MSROM <i>Patricia</i>	SILVER SNEAKERS CARDIO CIRCUIT <i>Patricia</i>	SILVER SNEAKERS MSROM <i>Patricia</i>	SILVER SNEAKERS CARDIO FIT <i>Patricia</i>		
5:30 pm		SH'BAM <i>Mandy/Candace</i>		ZUMBA <i>Carol</i>			

## ABOUT OUR BASE CLASSES:

Adrenaline Fitness is proud to offer Les Mills group fitness classes and Zumba. Excellent classes are a passion for our instructors and a key service of this facility. These classes are part of the base Adrenaline membership tier.

**BODYATTACK:** The sports-inspired cardio workout for building strength and stamina.

**BODYCOMBAT:** The fiercely energetic martial arts workout where you are totally unleashed and empowered.

**BODYFLOW:** The yoga, tai chi, and Pilates workout that builds flexibility and strength, leaving you centered and calm.

**BODYPUMP:** Challenge yourself with the original barbell class that strengthens and tones your entire body.

**BODYSTEP:** Give yourself a high energy cardio-blast and tone your body with over 2,000 steps per session.

**CXWORX:** Based on cutting-edge research, this 30-minute core class combines the best of personal training and group fitness.

**RPM:** The cycling workout where you ride to the rhythm of powerful music to a calorie burning endorphin high.

**SH'BAM:** Featuring simple but seriously hot dance moves, it is the perfect way to shape up and let out your inner star.

**SILVERSNEAKERS:** Move to the music with exercises for strength, range of movement, and activity for daily living.

**ZUMBA:** Fusion of Latin and international music that creates a dynamic, exciting, and effective fitness system.

**Chamblee Gym Hours:** Monday through Thursday 5:00 am to 10:00 pm  
Friday 5:00 am to 9:00 pm  
Saturday and Sunday 7:00 am to 7:00 pm

**Chamblee Child Care:** Monday through Friday 8:15 am to 12:00 pm and 4:15 pm to 8:00 pm  
Saturday and Sunday 8:15 am to 12:00 pm

For more information on our classes, visit [www.adrenalinefitness.com/classes](http://www.adrenalinefitness.com/classes)

