

Lillis, Nicole

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## Onsite Fitness Classes

Onsite Fitness Classes

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You don't have to register to attend Children's on-site fitness classes. Simply show up, bring a towel and some water. And don't forget, you earn Strong4Life incentive points for every class you attend (limit one per day). Be sure to log your participation in [Strong4Life Online](#). **This schedule is subject to change.**

\*\*All classes are in the Strong4life Room.

Hughes Spalding				
Monday	Tuesday	Wednesday	Thursday	Friday
	8:30-9 Power Pump		8:30-9 Power Pump	12:30-1 Yoga
	5-6 Cardio Fusion		3-3:30 Cardio Fusion	

\*Video Fitness can be done at anytime there is not a class in session.

\*\*All classes are in the Strong4life Room, building 1665.\*\*Cardio Fusion is in the Learning Center, building 1680.\*\*

The Park				
Monday	Tuesday	Wednesday	Thursday	Friday
10-10:30am Circuit Training & Abs	10-10:30am Lower Body Conditioning & Abs	7:30-8:00am Boot Camp	10-10:30am Core & Balance	12-12:30pm Interval Training
	11:30-12:30pm		12:30-1:15pm	
12-12:30pm Total Body Strength	Support Group meeting 12:30-1:15pm	12-12:30pm Circuit training & Abs	Yoga 2-4:00	2-6:00pm Drop in Video
	Yoga		Drop in Video	
12:30-1:00pm Men's Strength & Endurance	2-4:00pm Drop in Video	12:30-1:00pm ZUMBA	2:30-3:00pm Mommy and Me	
	2:30-3:00pm			
2:00-4:00pm Drop in Video	Mommy and Me 4-4:30pm	2-4:00pm Drop in Video	4-4:30pm Interval Training	
	Interval Training			
5:15-6:15pm Power Pump	5:15-6:15pm Zumba	5:15-6:15pm Pilates	5:15-6:15pm Cardio Fusion	

\*\*All classes in the cafeteria.

Marcus	
Monday	Tuesday
5:15-6:15pm ZUMBA	4:45-5:45pm Power Pump

\*\*All classes are in the Strong4life Room. The Eggleston Strong4life fitness room is on the ground floor. Take the parking (sea foam green) elevators to the ground floor. Go through the badge access door to the right. The Strong4life room is the second door on the right (next to a restroom). See below for a list of class descriptions.

<b>Egleston</b>				
<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
<b>12:00-12:30pm</b>	<b>12:00-12:15pm</b>	<b>12-12:30pm</b>	<b>12:00-12:15pm</b>	<b>12:00-12:30 pm</b>
<b>Yoga</b>	<b>15 minute Express Workout</b>	<b>Yoga</b>	<b>15 minute Express Workout</b>	<b>Yoga</b>
<b>12:30-1:30pm</b>	<b>3:15-3:45pm</b>	<b>12:00-1:00pm</b>	<b>3:15-3:45pm</b>	
<b>Drop-In Video</b>	<b>Strength Training/Relax</b>	<b>Weight Loss support group (classroom #2 conference center)</b>	<b>Strength Training/Relax</b>	
<b>3:15-3:45pm</b>		<b>3:15-3:45pm</b>	<b>4:15-4:45</b>	
<b>Interval Training</b>		<b>Interval Training</b>	<b>New! Full Figure Fitness</b>	
<b>5:15-6:15pm</b>	<b>5:15-6:15pm</b>	<b>4:00-4:30pm</b>	<b>5:15-6:15pm</b>	
<b>Boot Camp</b>	<b>New! Yoga</b>	<b>Group walk/lullwater/tunnel</b>	<b>Boot Camp</b>	
		<b>5:15-6:15pm</b>		
		<b>Zumba</b>		

*ECH staff! Walk the Stair Gym (6 flights) or walk 1 lap around S4L Trail for fitness class credit.*

The NEW Scottish Rite fitness room is located on the 3<sup>rd</sup> floor, past the flower elevators, through the automatic doors. You will need your badge to enter the room.

<b>Scottish Rite</b>				
<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Fri</b>
<b>7:30-8</b>	<b>7:30-8</b>	<b>7:30-8</b>	<b>7:30-8</b>	<b>Gym and DVD's available</b>
<b>Wellness Walk</b>	<b>Morning Energizing Yoga</b>	<b>Wellness Walk</b>	<b>Morning Energizing Yoga</b>	
<b>*meet in lobby</b>		<b>*meet in lobby</b>		
		<b>11:30-12</b>		
		<b>Strength &amp; Abs</b>		
<b>12-12:30</b>	<b>12-12:30</b>	<b>12-12:30</b>	<b>12-12:30</b>	<b>12-1</b>
<b>Strength &amp; Abs</b>	<b>Sculpt &amp; Abs</b>	<b>Cardio &amp; Core</b>	<b>Sculpt &amp; Abs</b>	<b>Pilates</b>
<b>12:30-1</b>	<b>12:30-1</b>	<b>12:40-1:15</b>		
<b>Cardio &amp; Core</b>	<b>Cardio &amp; Core</b>	<b>Employee Weight Loss Support Group</b>		
	<b>4:45-5:45</b>	<b>4:45-5:45</b>	<b>4:45-5:45</b>	
	<b>Full Body Fit</b>	<b>CardioAbs Fusion</b>	<b>Cardio Kickboxing</b>	
	<b>*Instructor Melissa</b>	<b>*Instructor Lisa</b>	<b>Instructor Lisa</b>	
<b>5:15-6:15</b>				
<b>Yoga</b>				
<b>*Instructor Sondra</b>				

CardioAbs Fusion: This class will keep you working at your optimal levels as your heart rate is elevated - burning calories while working your midsection for maximum results for your waistline and cardiovascular health, including a stretching segment to wind you down and improve your flexibility.

Yoga: A relaxing workout with controlled breathing and movements to increase your flexibility and balance. No experience necessary.

Weight Loss Support Group: Weight in each week for accountability (if you choose), learn tips for weight loss, discuss new topics each week, and get support from your co-workers, trainer, and nutritionist. Just drop in and bring your lunch.

[Sculpt & Abs](#): A NO sweat class designed to tone and strengthen your body. Low impact.

[Full Body Fit](#): An hour of cardio and strength training.

[Cardio Kickboxing](#): Get a kick out of getting fit! Aerobic exercise combined with boxing movements.

[Cardio and Core](#): Heart pumping, body moving, fat blasting energetic workout.

[Strength and Abs](#): Combination of total body movements using weight, cardio, strength and core.



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