

Careforce Connection

Your Link to Children's Healthcare of Atlanta

Lillis, Nicole

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Onsite Fitness Classes

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 in Strong4life Room.

Hughes Spalding	Tuesday	Wednesday	Thursday
Monday	12-12:30pm	4:15-5:15pm	12:30-1:00pm
Power Pump	Total Body Strength	Aerobics	Total Body Strength
12:30-1:00pm			5:00-6:00pm
Video Fitness			ZUMBA
4:15-5:15pm			
Resistance Training			

All classes in Strong4life Room.*Cardio Fusion in Learning Center***

The Park	Tuesday	Wednesday	Thursday	Friday
Monday				
10-10:30am	10-10:30am	7:30-8:00am	10-10:30am	12:30-1:00pm
Circuit Training & Abs	Lower Body Conditioning & Abs	Boot Camp	Core & Balance	Interval Training
12-12:30pm	12:30-1:15pm	12-12:30pm	12:30-1:15pm	2-6:00pm
Total Body Strength	Yoga	Total Body Training & Abs	Yoga	Drop in Video
12:30-1:00pm	2:30-3:00pm	12:30-1:00pm	2:30-3:00pm	
MEN'S Strength & Endurance Training	Mommy and Me	ZUMBA	Mommy and Me	
2:00-4:00pm	4-4:30pm	2-4:00pm	4-4:30pm	
Drop in Video	Interval Training	Drop in Video	Interval Training	
5:15-6:15pm	5:15-6:15pm	5:15-6:15pm	5:15-6:15pm	

Power Pump	ZUMBA	Pilates	Cardio Fusion
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CARDIO FUSION: This is not your typical dance class. This class is designed with F-U-N in mind. This easy to follow cardio dance class allows participants to have fun while getting a cardiovascular workout. Day time classes are an exhilarating 30 minutes of cardio. *A special Thursday night class at the Park (5:15) with National Instructor Kevin Maddox is a 60-minute exhilarating experience geared for all fitness levels.

**All classes in cafeteria.

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

**All classes in Strong4life Room. The Egleston Strong4life fitness room is on the ground floor. Take the parking (seafoam 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.

Egleston			
Monday	Tuesday	Wednesday	Thursday
12:05-12:20pm	11:05-11:20am	12-12:30pm	11:05-11:20am
15 minute Express Workout	15 minute Express Workout	Yoga	15 minute Express Workout
1:05-1:20pm	12:05-12:20pm	12-1:00pm	12:05-12:20pm
15 minute Express Workout	15 minute Express Workout	Weight Loss Support Group (Classroom 11)	15 minute Express Workout
2:30-3:00pm	1:05-1:20pm	1:05-1:20pm	1:05-1:20pm
Thai Chi	15 minute Express Workout	15 minute Express Workout	15 minute Express Workout
3:15-3:30pm	3:15-3:45pm	3:15-3:30pm	3:15-3:45pm
15 minute Express Workout	Strength Training/Relax	15 minute Express Workout	Strength Training/Relax
5:15-6:15pm	5:15-5:45pm	5:15-6:15pm	4:00-5:00pm
Boot Camp	Cardio Dance/Tone	ZUMBA	Yoga
		5:15-6:15pm	
		Boot Camp	

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

Video Fitness: Bring your favorite video or check one out from the Strong4life office and workout in the fitness room with co-workers.

- Thai Chi: This is a relaxing no sweat class. It is meditation in motion. Follow the instructor as you go gently through the movements.

- Boot Camp: Fitness taken to the next level with increased cardio and resistance.

- Group Walk: Meet at the 1st floor Butterfly elevators for a walk in Lullwater Park.

- Strength Training/Relax: Intro to Kettle Bells plus a full body workout with a cool down and deep relaxation.

- Last Chance Workout: We do a variety of workouts with a focus on weight loss for those who have 50+ pounds to lose. You do not have to enroll to attend.

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

- **Small Group Training:** Workout in a small group with a trainer. This class is cardio and strength training.

- **Cardio Dance & Tone:** Dance to "old school" and "new school" music and do a little line dancing too! Tone your body using your own body's resistance.

- **ZUMBA:** Latin dance moves with great music and lots of fun!

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.

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

All classes in temporary fitness room.

Scottish Rite				
Monday	Tuesday	Wednesday	Thursday	Fri/Sat/Sun
11:50-12:20pm	12-12:30pm	12-12:30pm	12-12:30pm	Gym and DVD's available
Total Body Strength & Cardio	Total Body Strength & Cardio	Total Body Tone (No Sweat)	Total Body Strength & Cardio	
12:30-1:30pm	12:30-12:50pm	12:30-12:45pm	12:30-12:50pm	
Weight Watchers	Stretch, Breathe & Relax	Just Abs	Stretch, Breathe & Relax	
5:15-6:15pm	4:45-5:45pm	5:15-6:15pm	4:45-5:45pm	
Yoga	Full Body Fit	Yoga	ZUMBA (start date TBD)	



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