



4Activity

Careforce > Departments > Human Resources > Strong4Life > 4Activity

Onsite Fitness Classes

Onsite Fitness Classes

Health Clubs

Wellness Recognition

Recycle Bin

All Site Content

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

****All classes in the cafeteria.**

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

****All classes are in the Strong4life Room. The Egleston 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.**

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

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 3rd floor, past the flower elevators, through the automatic doors. You will need your badge to enter the room.

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

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.



[Solution Center](#) | [Feedback](#) | [Outlook](#) | [About Careforce Connection](#) | [Map and Directions](#) | [Choa.org](#)

Copyright © 2013 Children's Healthcare of Atlanta. All rights reserved.