

April Group Fitness Schedule

MONDAY

8:30 am - Athletic Interval
9:30 am - Crank Indoor Cycling
9:35 am - BodyPump
5:30 pm - BodyPump
6:00 pm - Friendly Ride (30 min. Beginner Spin Class)
6:30 pm - Crank Indoor Cycling (Spin)
6:35 pm - BodyFlow

TUESDAY

6:00 am - BodyPump
8:30 am - BodyPump
9:35 am - BodyStep
5:30 pm - BodyStep
6:30 pm - Crank Indoor Cycling (Spin)
6:35 pm - Mat Pilates

WEDNESDAY

5:45 am - Crank Indoor Cycling (Spin)
8:30 am - Crank Indoor Cycling (Spin)
9:35 am - BodyPump
5:00 pm - Bosu Core *New Classes (30 min)
5:30 pm - BodyAttack
6:00 pm - Friendly Ride (30 min. Beginner Spin Class)
6:30 pm - Crank Indoor Cycling (Spin)
6:35 pm - BodyPump

THURSDAY

8:30 am - BodyPump
9:35 am - BodyAttack
5:30 pm - BodyStep
6:30 pm - Crank Indoor Cycling (Spin)
6:35 pm - BodyFlow

FRIDAY

8:30 am - BodyStep
9:35 am - BodyPump

SATURDAY

8:45 am - Bodystep
9:00 am - Friendly Ride (30 min. Beginner Spin Class)
9:30 am - Crank Rev Ride (Spin)
10:00 am - BodyPump
11:05 am - BodyFlow

The BodyPump Challenge is back, 16 classes in 60 days beginning **April 1st!** Just 2 classes a week that's all it takes to win. See you in class!

Please respect your workout and those in class with you. Be mindful of cell phone usage, text messaging, ipods, conversation, etc. Follow instructor instructions, classes are a group activity. Schedule is subject to change.

Hours of Operation

Mon-Thurs: 5:30 am - 11:00 pm / Friday: 5:30 am - 9:00 pm
Saturday: 8:00 am - 7:00 pm / Sunday: 8:00 am - 6:00 pm

Group Fitness Descriptions

BODYPUMP™ is the original barbell class that strengthens your entire body. This 60-minute workout challenges all your major muscle groups by using the best weight-room exercises like squats, presses, lifts and curls. Great music, awesome instructors and your choice of weight inspire you to get the results you came for – and fast!

BODYSTEP™ is the energizing step workout that makes you feel liberated and alive. Using a height-adjustable step and simple movements on, over and around the step you get huge motivation from sing-a-long music and approachable instructors. Cardio blocks push fat burning systems into high gear followed by muscle conditioning tracks that shape and tone your body.

BODYFLOW™ is the Yoga, Tai Chi, Pilates workout that builds flexibility and strength and leaves you feeling centered and calm. Controlled breathing, concentration and a carefully structured series of stretches, moves and poses to music create a holistic workout that brings the body into a state of harmony and balance.

BODYATTACK™ is the sports-inspired cardio workout for building strength and stamina. This high-energy interval training class combines athletic aerobic movements with strength and stabilization exercises. Dynamic instructors and powerful music motivate everyone towards their fitness goals – from the weekend athlete to the hard-core competitor!

CRANK INDOOR CYCLING is a unique fitness experience. Designed for the professional cyclist, enthusiast, or someone who simply wants to burn A LOT of calories, CRANK offers the right formula to help you meet your goals. Classes simulate authentic riding conditions such as hills, flats and intervals, driven by high energy music and video. All Crank instructors are professionals in their field and offer safe, motivating classes that help you attain long term success.

ATHLETIC INTERVAL is a group circuit class with lots of variety. It combines cardio intervals with strength training, agility drills and balance. Workout draws from different fitness disciplines and uses a variety of equipment. Great total body conditioning for all fitness levels.

APRIL



Group Fitness Schedule
Monthly Events
Group Training Classes

The Gym of Buckhead
4920 Roswell Road, Fountain Oaks Shopping Center
Atlanta, GA 30342
404-256-4653 • www.gymofbuckhead.net



**Sign your Kids up
NOW for our
Summer Fitness and
Nutrition Boot Camp!**

DELGADO BOXING AT GYM OF BUCKHEAD

Thus month marked the launch of Delgado Boxing at Gym of Buckhead, complete with boxing ring and a full range of punching and kick bags. Visit us downstairs for the tour and to get the schedule for boxing and kickboxing classes. All levels welcome.

APRIL 1ST - BODYPUMP CHALLENGE

The BodyPump Challenge is back, 16 classes in 60 days beginning April 1st! Just 2 classes a week that's all it takes to win. See you in class!

APRIL 25TH GROUP FITNESS LAUNCH

Saturday April 25th "Espress Launch" Schedule
8:30am - BodyAttack
9:15am - BodyStep
10:15am - BodyPump
11:05am - BodyFlow

EVERY TUESDAY & THURSDAY @ DUNWOODY

Visit our sister gym -- Dunwoody Fitness and try out BodyJam and BOdyVive group fitness programs free of charge. If you like it, you can upgrade your membership to have complete access to Dunwoody Fitness.

BodyJam Tuesday nights at 7:30PM with professional dancer Bethany Thomas at Dunwoody Fitness.

BodyVive classes. Tuesday's at 10:30 am, Thursday's at 5:30 pm and Saturday's at 11:00 am at Dunwoody Fitness.

EVERY SATURDAY - WORK-OUT GET RESULTS

A new complementary weekly training class for members. See the front desk for details.

EVERY TUESDAY

Ask-A-Trainer Night is held every Tuesday between 5:00 pm and 8:00 pm.

If you would like to receive our email newsletter to stay alert of all that is happening at The GOB, visit our **website at: www.gymofbuckhead.net**

ROPES GONE WILD - SERIOUS CARDIO WORKOUT AT GOB

We have a new piece of equipment at The Gym of Buckhead. It's Ropes Gone Wild and it is a tremendous conditioning tool. What the body must do is create a wave with the ropes and keep that wave constant, based on the idea of undulation. The Ropes come in different sizes and lengths as well as different size thickness. They are very easy to learn, not too complicated, yet provide great cardiovascular training in a fun and user-friendly way. It is also a great tool for improving your high metabolic routine, no-impact exercise, pain and injury-free routine. It's great for rehabilitation and accessible for all fitness levels and ages. Perfect for building sustained strength and speed, and great for core strength. We will be offering free training rope clinics to members. Sign up at the front desk. Dates and times will be posted

LES MILLS LAUNCH WEEK - APRIL 25TH

Launch Week is coming! Save the date Saturday, April 25th 2009 will kick off a full week of all new Choreography! Right around the corner is our next big fitness launch, where we bring you new music and new moves. This is a great time for beginners to try all of our Les Mills programs, as well as a great time to bring a friend and make new friends! Come join the fun as we revisit the 70's - Disco, Rock and Tye-Dyed Tee's!!! It's a party and a Workout!

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8:30am BodyAttack 10:15am BodyPump
9:15am BodyStep 11:05am BodyFlow

KIDS SUMMER FITNESS AND NUTRITION BOOT CAMP

Put your kids on the right path to great nutritional habits and being fit with The Gym of Buckhead's Fitness and Nutrition Bootcamp for Kids! Our week-long program includes:

Daily simple, healthy, hands-on cooking lessons using recipes kids will love from The Energy Chef (theenergychef.com) - Discussion and handouts on nutritionally sound and healthy habits - Daily fitness instruction includes: boxing (featuring professional boxer Paul Delgado), kickboxing, conditioning, stability and flexibility training, and power yoga - Fun, educational games - Excursions include: Chastain Park Bootcamp-style training, trip to local market to learn about foods, tour of professional kitchen.

One-week sessions: June 1-5, 8-12, 15-19, 22-26, 2009 - Registration ends May 1, 2009.

Contact: Herb Mesa - PHONE: 404.323.7093 - E-MAIL: HERB30305@YAHOO.COM

FREE MEMBERSHIPS WITH OUR BUDDY REFERRAL PROGRAM

Share your workout experience with co-workers, family members and friends! When you do you could receive one free year added to your membership. Provide us with the names of 5 friends you plan to invite, and you'll automatically receive a free t-shirt for starters. Stop by the front desk to get started.

May Boot Camps? Remember, the Gym of Buckhead Boot Camps start the first week of every month. If you missed this month's kick off you can join late OR sign up early to reserve your spot in May.