



# SEPTEMBER 2019



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 NO CLASSES 	3  LP Tone & Fit 12:00-12:45pm (KM) *LP Spin 5:30-6:15pm (DG) FC Boot Camp 5:30-6:15pm (RB)	4 FC Wake & Work 5:30-6:15am (RB) *LP Spin & Strength 11:00—11:45am (RD) LP Pilates 12:00-12:45pm (KB) *LP Spin 5:30-6:15pm (DG)	5  LP Power Yoga 11:00—11:30am (RD) LP BC Sprint 12:00-12:30pm (KM) FC Boot Camp 5:30-6:15pm (LR)	6 FC Wake & Work 5:30-6:15am (LR) LP Strength 11:30-12:00pm (KM) LP Stretch 12:00-12:30pm (KM) LP TABATA BC 5:30—6:15pm (LR)
9 *LP Spin 11:30am-12:00pm (DG) LP Strengthen & Lengthen 12:00—12:30pm (RD) LP TABATA BC 5:30—6:15pm (LR)	10  LP Tone & Fit 12:00-12:45pm (KM) *LP Spin 5:30-6:15pm (DG) FC Boot Camp 5:30-6:15pm (LR)	11 FC Wake & Work 5:30-6:15am (RB) *LP Spin & Strength 11:00—11:45am (RD) LP Pilates 12:00-12:45pm (KB) *LP Spin 5:30-6:15pm (DG)	12  LP Power Yoga 11:00—11:30am (RD) LP BC Sprint 12:00-12:30pm (KM) FC Boot Camp 5:30-6:15pm (LR)	13 FC Wake & Work 5:30-6:15am (LR) LP Strength 11:30-12:00pm (KM) LP Stretch 12:00-12:30pm (KM) LP TABATA BC 5:30—6:15pm (RB)
16 *LP Spin 11:30am-12:00pm (DG) LP Strengthen & Lengthen 12:00—12:30pm (RD) LP TABATA BC 5:30—6:15pm (LR)	17  LP Tone & Fit 12:00-12:45pm (KM) *LP Spin 5:30-6:15pm (DG) FC Boot Camp 5:30—6:15pm (LR)	18 FC Wake & Work 5:30-6:15am (RB) *LP Spin & Strength 11:00—11:45am (RD) LP Pilates 12:00-12:45pm (KB) *LP Spin 5:30-6:15pm (DG)	19  LP Power Yoga 11:00—11:30am (RD) LP BC Sprint 12:00-12:30pm (KM) FC Boot Camp 5:30-6:15pm (LR)	20 FC Wake & Work 5:30-6:15am (LR) LP Strength 11:30-12:00pm (KM) LP Stretch 12:00-12:30pm (KM) LP TABATA BC 5:30—6:15pm (RB)
23 *LP Spin 11:30am-12:00pm (RB) LP Strengthen & Lengthen 12:00—12:30pm (RD) LP TABATA BC 5:30—6:15pm (LR)	24  LP Tone & Fit 12:00-12:45pm (KM) *LP Spin 5:30-6:15pm (RB) FC Boot Camp 5:30—6:15pm (LR)	25 FC Wake & Work 5:30-6:15am (RB) *LP Spin & Strength 11:00—11:45am (RB) LP Pilates 12:00-12:45pm (KB) 5K AT NORTH OCONEE WRF COURSE OPEN 3:00PM—6:30PM NO LP SPIN	26  LP Power Yoga 11:00—11:30am (RD) LP BC Sprint 12:00-12:30pm (KM) FC Boot Camp 5:30-6:15pm (LR)	27 FC Wake & Work 5:30-6:15am (LR) LP Strength 11:30-12:00pm (KM) LP Stretch 12:00-12:30pm (KM) LP TABATA BC 5:30—6:15pm (RB)
30 *LP Spin 11:30am-12:00pm (RB) LP Strengthen & Lengthen 12:00—12:30pm (RB) LP TABATA BC 5:30—6:15pm (LR)	* Spin classes, marked with *, require pre-registration. Please e-mail <a href="mailto:wellnessteam@accgov.com">wellnessteam@accgov.com</a> to register. * All other classes are drop-in!			

CLASS	DESCRIPTION	TIME	INTENSITY	RESULTS	INSTRUCTOR(S)	LOCATION
<b>BOOT CAMP</b>	Each class will combine cardio and resistance training for a full body workout. Get fit & have fun!	45 minutes	Moderate to High	Improves heart and lung fitness, increases strength & endurance, helps maintain bone health	Lauren Ray (LR)	ACC Fitness Center (FC)
<b>BC SPRINT</b>	Light on equipment and heavier on body weight; an express version of our regular Boot Camp.	30 minutes	Moderate to High	Improves agility, coordination, strength & endurance	Kirsten Magee (KM)	Lay Park (LP)
<b>PILATES</b>	Controlled movements designed to improve flexibility, posture, strength, and mental awareness.	45 minutes	Low	Improves flexibility and range of motion, tones & strengthens	Kay Brooks (KB)	Lay Park (LP)
<b>POWER YOGA</b>	A powerful, energetic form of yoga that will leave you feeling strong and rejuvenated for the rest of the day.	45 minutes	Moderate	Improves cardiovascular fitness, builds strength & improves flexibility	Raquel Durden (RD)	Lay Park (LP)
<b>SPIN</b>	Indoor cycling set to music that utilizes combinations of endurance and speed interval training.	30—45 minutes	Moderate to High	Improves heart and lung fitness, increases strength & endurance	Dan Greene (DG) Raquel Durden (RD)	Lay Park (LP)
<b>SPIN &amp; STRENGTH</b>	25-30 minutes of cycling followed immediately by strength training. *To participate in the “strength” portion, you must attend the entire class*	45 minutes	Moderate to High	Improves heart and lung fitness, increases strength & endurance, helps maintain bone health	Raquel Durden (RD)	Lay Park (LP)
<b>STRENGTH</b>	Weight training in the form of sets and supersets, focusing on both upper body & lower body and finishing up with core work.	30 minutes	Moderate to High	Increases muscular strength and endurance, helps maintain bone health	Kirsten Magee (KM)	Lay Park (LP)
<b>STRENGTHEN &amp; LENGTHEN</b>	Combination weight training and yoga class designed to improve strength and flexibility.	30 minutes	Moderate	Improves flexibility, strength, coordination, and & enhances wellbeing	Raquel Durden (RD)	Lay Park (LP)
<b>STRETCH</b>	A relaxing and invigorating class. Alternating active and passive stretch exercises for a full-body stretch.	30 minutes	Low	Enhanced flexibility and posture, improved mental wellbeing	Kirsten Magee (KM)	Lay Park (LP)
<b>TABATA BOOT CAMP</b>	High intensity interval training that utilizes timed intervals of work and rest for various cardio and strength exercises.	45 minutes	Moderate to High	Improves heart & lung fitness, increases strength & endurance	Randi Baker (RB) Lauren Ray (LR)	Lay Park (LP)
<b>TONE &amp; FIT</b>	Work at your own pace to complete circuits of body weight & cardiovascular exercises.	45 minutes	Moderate to High	Improves agility, coordination, strength & endurance	Kirsten Magee (KM)	Lay Park (LP)
<b>WAKE &amp; WORK</b>	Start your day with an energetic cardio & strength workout, focused on high intensity interval training (HIIT) for any level of fitness.	45 minutes	Moderate to High	Improves heart and lung fitness, increases strength & endurance, helps maintain bone health	Randi Baker (RB) Lauren Ray (LR)	ACC Fitness Center (FC)

**Substitute Instructors:**

Randi Baker (RB)

Kendra Houghton (KH)

**Locations:**

ACC Fitness Center (FC):  
Georgia Square Mall

Lay Park (LP): 297 Hoyt Street,  
2nd floor fitness room