



NOVEMBER 2019



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
* Tabata on November 25 will be held at the FITNESS CENTER * Lay Park is closed November 25– 29				1 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)
4 POUNDS ARE FALLIN' MEASUREMENT DAT AT LAY PARK, 7:30am—5:30pm NO LP SPIN NO LP YOGA	5 LP Tone & Fit 12:00-12:45pm (KM)	6 FC Wake & Work 5:30-6:15am (RB) FITNESS CHALLENGE TESTING *LP Spin & Strength 11:00—11:45am (RD) LP Pilates 12:00-12:45pm (KB)	7 LP Power Yoga 11:00—11:30am (RD) LP BC Sprint 12:00-12:30pm (KM)	8 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)	*LP Spin 5:30-6:15pm (DG) FC Boot Camp 5:30-6:15pm (LR) FITNESS CHALLENGE TESTING	*LP Spin 5:30-6:15pm (DG)	FC Boot Camp 5:30-6:15pm (LR) FITNESS CHALLENGE TESTING	LP TABATA BC 5:30—6:15pm (LR)
11 *LP Spin 11:30am-12:00pm (DG) LP Yoga 12:00—12:45pm (RD)	12 LP Tone & Fit 12:00-12:45pm (KM)	13 NO FC WAKE & WORK *LP Spin & Strength 11:00—11:45am (RD) LP Pilates 12:00-12:45pm (KB)	14 LP Power Yoga 11:00—11:30am (RD) LP BC Sprint 12:00-12:30pm (KM)	15 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)	*LP Spin 5:30-6:15pm (DG) FC Boot Camp 5:30—6:15pm (LR)	SK AT BOTANICAL GARDENS COURSE OPEN 3:00PM—6:00PM *LP Spin 5:30-6:15pm (DG)	FC Boot Camp 5:30-6:15pm (LR)	LP TABATA BC 5:30—6:15pm (RB)
18 *LP Spin 11:30am-12:00pm (DG) LP Yoga 12:00—12:45pm (RD)	19 LP Tone & Fit 12:00-12:45pm (KM)	20 FC Wake & Work 5:30-6:15am (RB) *LP Spin & Strength 11:00—11:45am (RD) LP Yoga-lates 12:00-12:45pm (RD)	21 LP Power Yoga 11:00—11:30am (RD) LP BC Sprint 12:00-12:30pm (KM)	22 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)	*LP Spin 5:30-6:15pm (DG) FC Boot Camp 5:30—6:15pm (LR)	*LP Spin 5:30-6:15pm (DG)	FC Boot Camp 5:30-6:15pm (LR)	LP TABATA BC 5:30—6:15pm (RB)
25 NO LP SPIN NO LP YOGA	26 NO LP TONE & FIT NO LP SPIN FC Boot Camp 5:30—6:15pm (LR)	27 NO FC WAKE & WORK NO LP SPIN & STRENGTH NO LP PILATES NO LP SPIN	28 	29 NO CLASSES ACCGOV OFFICES CLOSED
FC TABATA BC 5:30—6:15pm (LR)				

Spin classes (marked with *) require pre-registration. Please e-mail wellessteam@accgov.com to register. | All other classes are drop-in!

CLASS	DESCRIPTION	TIME	INTENSITY	RESULTS	INSTRUCTOR(S)	LOCATION
BOOT CAMP	Are you looking for the perfect combination of strength training and heart pumping cardio? If so, this is your class. The equipment and workouts vary each week.	45 minutes	Moderate to High	Improves heart and lung fitness, increases strength & endurance, helps maintain bone health	Lauren Ray (LR)	ACC Fitness Center (FC)
BC SPRINT	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)
PILATES	Controlled movements designed to improve flexibility, posture, strength, and mental awareness.	45 minutes	Low to Moderate	Improves flexibility and range of motion, tones & strengthens	Kay Brooks (KB)	Lay Park (LP)
POWER YOGA	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)
SPIN	A high energy class with great music and motivating Instructors riding a varied mixture of flats, hills & sprints.	30—45 minutes	Moderate to High	Improves heart and lung fitness, increases strength & endurance	Dan Greene (DG) Raquel Durden (RD)	Lay Park (LP)
SPIN & STRENGTH	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)
STRENGTH	A strength training class for the entire body using weights, bands, medicine balls, and other equipment.	30 minutes	Moderate to High	Increases muscular strength and endurance, helps maintain bone health	Kirsten Magee (KM)	Lay Park (LP)
YOGA	Class includes a wide range of poses that focus on balance, breathing techniques, lengthening and strengthening the entire body, and cultivating mindfulness.	45 minutes	Low to Moderate	Improves flexibility, strength, coordination, and & enhances wellbeing	Raquel Durden (RD)	Lay Park (LP)
STRETCH	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)
TABATA	High intensity interval training that utilizes timed intervals of work and rest for various cardio and strength exercises. There are modifications for all fitness levels.	45 minutes	Moderate to High	Improves heart & lung fitness, increases strength & endurance	Randi Baker (RB) Lauren Ray (LR)	Lay Park (LP)
TONE & FIT	Work at your own pace to complete circuits of strength training & cardiovascular exercises for a total body workout.	45 minutes	Moderate to High	Improves agility, coordination, strength & endurance	Kirsten Magee (KM)	Lay Park (LP)
WAKE & WORK	Start your day with an energetic cardio & strength workout, focused on full body circuit training 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