



**KERWIN B. LEE FAMILY LIFE CENTER**  
**2016 JANUARY GROUP FITNESS SCHEDULE**  
**678-518-1681**



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p><b>Get Active Boot Camp*</b> 7:30am-8:30am</p> <p><b>Youth Karate*</b> 3:30pm-4:30pm</p> <p><b>Step It Up Aerobics</b> 6:30pm- 7:30pm</p> <p><b>Kool Kidz Kardio</b> 6:30pm - 7:30pm</p> <p><b>Life Cycle</b> 6:30pm-7:30pm</p> <p><b>Get Active Boot Camp*</b> 6:00pm-7:00pm</p>	<p><b>EZ Aerobics</b> 10:00am-11:00am</p> <p><b>K-Steps Dance*</b> 3:45pm-4:45pm</p> <p><b>Cardio Boost</b> 6:30pm-7:15pm</p>	<p><b>Get Active Boot Camp*</b> 7:30am-8:30am</p> <p><b>ZUMBA GOLD</b> 10:00am - 11:00am</p> <p><b>Youth Karate*</b> 3:30pm-4:30pm</p> <p><b>Get Active Boot Camp*</b> 6:00pm-7:00pm</p> <p><b>WEIGHT WATCHERS*</b> 6:00pm - 7:00pm</p> <p><b>Kardio Kraze</b> 6:30pm – 7:30pm</p> <p><b>Ballroom Dance Urban Style*</b> 7:00pm-9:00pm</p>	<p><b>EZ Life Cycle</b> 10:00am -11:00am</p> <p><b>K-Tumble*</b> 4:30pm-5:30pm</p> <p><b>Life Cycle</b> 6:30pm - 7:30pm</p> <p><b>Line Dancing</b> 7:00pm – 8:00pm</p>	<p><b>Get Active Boot Camp*</b> 7:30am-8:30am</p>	<p><b>Build A Body Workout</b> 9:00am—10:00am</p> <p><b>SPANISH CLASS*</b> 10:00am - 11:30am</p> <p><b>ACT I * ADULTS</b> 10:00am—12:00pm</p> <p><b>K-Tumble*</b> 10:30am-11:30am</p> <p><b>ACT I * YOUTH</b> 12:30pm—1:30pm</p>
Childcare 6-9pm		Childcare 6-9pm	Childcare 6-9pm		



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**ACT I** - Beginner and intermediate acting classes for youth and adults. Learn audition skills, stage presence, monologue techniques, character development, improvisation and muchmore. **Adults \$75 per month or \$130 for eight weeks. Youth \$60 per month or \$100 for eight weeks.**

**Ballroom Dance Urban Style\*** - Experience and preserve the art of ballroom dance. Learn the moves you've seen on "Dancing with the Stars" combined with an ethnic rhythmic flavor. This specialty class taught by Khicks Ballroom Dancing if being offered at **\$65 for an 8 week session, couples at \$120 or \$10 per class.**

**Build A Body Workout** - This dynamic total body workout is for beginners and beyond. It is a combination of cardio and strength training to chisel your body to your desired design.

**Cardio Boost** - This Cardio Boost provides a high-intensity to moderate routines that pushes people to their limits. Cardio Blast consist of some of the following routines: Aerobics; Cardio Kickboxing.

**Get Active Boot Camp\***- This class taught by Stan "Fitness" Maddox, Elite trainer of Meltdown Fitness Atlanta, offers a combination of body sculpting, cross fit training, Extreme Fat Loss and nutritional coaching. Lay the ground work for your happiness; which is ultimately your health. **(Contact Trainer for pricing 770-899-6364)**

**Kardio Kraze** - A challenging combination of aerobic exercise with movements to improve strength, flexibility, coordination and balance.

**"Kool Kidz Kardio"** - Educate and train our children and youth, ages 7-17, towards better overall health and well-being through a series of fun and challenging exercises.

**K-Steps Dance** - A combination of lyrical, ballet and hip-hop dance instruction for ages 5-17. Instruction given by Susan McGhee with Academy of the Arts. **\$15 reg, \$50 per month.**

**K-Tumble** - Entry and intermediate level tumbling class. Students will learn forward rolls, backward rolls, bridges, and bridge kick overs. cartwheels, rounds offs and back handsprings. **\$15 reg, \$60 per month**

**Life Cycle** - Whether you are a new or experienced cyclist, come enjoy positive energy, encouraging instruction and motivating music. It's your ride, making it awesome is our pleasure. *(EZ Life Cycle class available on Thursday mornings)*

**Line Dancing** - Popular Line Dancing Aerobics class combines the

fun of music and dancing for exercise and stress relief.

**EZ Aerobics** - Low-impact yet effective exercise class. A great option for challenging the whole body—without all the stress.

**Spanish Class\*** - Fun Practical & personalized Spanish training! Unique target learning technique is used to help you strategically learn to speak Spanish. **(This specialty class is \$50 per month)**

**Step It Up Aerobics**— For the beginning and the intermediate stepper. This class will burn calories like none other and specifically emphasizes work on the hips, thighs, abs and buttock.

**WEIGHT WATCHERS MEETING\*** - A holistic approach to *weight* loss. Includes details of the Momentum program, recipes and food tips and success stories. **(Cost \$52 per month)**

**Youth Karate** - The Kuroshi-do System for Ages 5-17. Your child will learn self discipline, gain confidence and increase self esteem. Instructor Kyoshi Paul Turner, 6th degree black belt with over 30 years of martial arts training. **\$49 reg, \$50 per month.**

**ZUMBA GOLD** - A lower-impact workout geared towards active older adults and new Zumba participants.

*ALL DROP-IN CLASSES ARE \$5.00 EACH (WITHOUT FLC MEMBERSHIP)*

*\*Specialty classes are offered at an additional fee to both members and non-members of the Kerwin B. Lee Family Life Center. All non-specialty classes are included in basic membership fees.*

January 2016

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