

Fitness Center Group Exercise Schedule

	Monday		Tuesday		Wednesday		Thursday		Friday						
5am	5:45	Cycle (45)	Beverly	5:30	HIIT FITT (30)	Michael		5:30	HIIT FITT (30)	Michael					
6am	6:30	Strength Training (45)	Michael	6:30	TRX (45)	Chandler	6:30	Strength Training (45)	Michael	6:30	Strength Training (45)	Michael			
				7:30	Yin Yoga	Asha			7:00	Bodyweight Power (45)	Jasmin				
8am	8:00	HeartStrong*	Logan	8:00	Boot Camp (45)	Myles	8:00	HeartStrong*	Myles		8:00	HeartStrong*	Myles		
	8:15	Low Impact Sculpt	Beth				8:15	Low Impact Sculpt	Faith						
9am	9:00	Chair Yoga	Maya	9:00	Adult Conditioning	Logan		9:00	Adult Conditioning	Jessica					
	9:15	TRX (45)	Myles				9:15	TRX (45)	Jessica	9:00	Boot Camp (45)	Myles	9:15	TRX (45)	Logan
10am	10:00	HeartStrong*	Myles	10:00	Gentle Yoga	Callie	10:00	HeartStrong*	Logan	10:00	Chair Mobility	Dreanna	10:00	HeartStrong*	Jessica
	10:00	Functional Stretching (45)	Logan				10:00	Functional Stretching (45)	Jessica				10:00	Slow Flow Yoga (45)	Asha
				10:15	TRX 101 (45)	Jessica				10:15	Ballet Conditioning	Lane	10:00	Functional Stretching (45)	Myles
11am	11:00	Qi Gong	Avril	11:00	Heart Fit*	Logan		11:00	Heart Fit*	Logan	11:00	Pilates (45)	Shari		
	11:15	COPD* (75)	Jessica				11:15	COPD* (75)	Myles						
12pm	12:00	Women's Strength Training (45)	Ariel				12:00	Women's Strength Training (45)	Jessica				12:00	Women's Strength Training (45)	Asha
	12:15	Zumba Gold (45)	Ingrid	12:15	TRX (45)	Jessica				12:15	Zumba Gold (45)	Ingrid			
1pm	1:00	Functional Stretching (45)	Myles				1:00	Functional Stretching (45)	Micki				1:00	Functional Stretching (45)	Asha
				1:00	Cancer Wellfit*	Ariel	2:00	Spine Wellness (Land-Based)	Ariel/Myles				1:00	Cancer Wellfit*	Jessica
							2:00	Pink*	Micki				2:00	Pink*	Myles
4pm	4:15	Total Body Conditioning (45)	Reggie	4:15	Strength Training (45)	Payton	4:15	Total Body Conditioning (45)	Jameelah	4:15	Strength Training (45)	Ariel			
5pm	5:00	HeartStrong*		5:00	Gentle Yoga	Callie	5:00	HeartStrong*	Ariel	5:00	HeartStrong*	Alex			
	5:30	Step & Sculpt (45)	Sidney	5:30	Zumba	Isabelle	5:00	Intermediate Tai Chi	Ty	5:00	Adaptive Yoga	Amanda			
	5:45	Cycle (45)	Alethia				5:30	Hip Hop Dance Fusion	Isabelle	5:45	Cycle & Sculpt (45)	Jameelah	5:30	TRX (45)	Ariel
6pm	6:15	Gentle Yoga	Callie	6:00	Cardio & Core	Ariel									
				6:15	Pilates (45)	Isabelle	6:15	Hatha Yoga	Sylvia	6:15	Hatha Yoga	Sylvia			
										6:15	Cardio Kickboxing	Takara	Cycling Studio		
													Train Station		
													Mind Body Studio		
													Group Exercise Studio		
	8:15	Cycle (45)	Chandler	12:15	Strength Training (45)	Various	Piedmont ATLANTA Last updated: 10.27.2026								
	9:15	Pilates	Sidney	1:00	Cancer Wellfit*	Alex									
	10:00	Strength Training (45)		1:15	Beginner Tai Chi	Ty									
	11:30	Yoga	Sylvia/Asha	2:00	Pink*	Alex									
				2:30	Beginner Yoga	Maya									
													*Medical clearance required		
													All classes 60 minutes unless noted		