



Let's Get Fit – For The Health Of It

JULY - OCT 2018 CLASSES



We offer a range of free programs for every level of fitness. They are fun and easy to join, so there's no reason not to come out and get a healthy dose of fitness on the Atlanta BeltLine!

PRESENTING SPONSOR:



ADDITIONAL SPONSORS:

- Platinum
 - NORTHSIDE HOSPITAL
 - PONCE CITY MARKET



PROGRAM PARTNERS INCLUDE:



Atlanta BeltLine Partnership





Just starting out or already a workout wiz, we have the right 'fit' for you!



Atlanta BeltLine Partnership

JULY-OCT 2018 CLASSES

Program	Led By	Description	Date	Time	Map																				
Hike/Walk																									
Eastside Arboretum Walking Tour <i>Sponsored by United Health Care</i>	Trees Atlanta	1.5 hour tour highlighting horticultural features of the Eastside Trail. Register at beltline.org/tours .	July 10 & 24 Aug 7 & 21 Sept 18	10:30pm-7:30pm																					
Westside Arboretum Walking Tour <i>Sponsored by United Health Care</i>	Trees Atlanta	1.5 hour tour highlighting horticultural features of the Westside Trail. Register at beltline.org/tours .	July 21 Aug 4 Sept 15	9:00am-10:30am																					
Bike																									
Atlanta BeltLine Bike Tour	The Atlanta BeltLine Partnership	The Atlanta BeltLine Partnership offers free, guided bike tours of the Atlanta BeltLine. Enjoy the ride while you learn about the Atlanta BeltLine concept, history, and updates on project planning, implementation and development. beltline.org/tours	Rotating Saturdays Westside and Eastside tours	9:00am	 																				
How to Ride a Bike for Kids	REI	2-hour introductory bike riding course for children.	Aug 12	8:00am-10:00am 11:00am-1:00pm																					
			Sept 22	9:00am-11:00am 12:00pm-2:00pm																					
			Oct 13	10:00am-12:00pm 1:00pm-3:00pm																					
How to Ride a Bike for Adults	REI	3-hour introductory bike riding course for adults	Aug 12	8:00am-11:00am																					
			Sept 22	9:00am-12:00pm																					
			Oct 13	10:00am-1:00pm																					
Group Fitness																									
Group Fitness with Gauge Fitness	Gauge Fitness	Whether you regularly workout or just getting back into fitness, our classes are easily adaptable to all fitness levels. Our program is designed to tone and build your core and balance, alongside increase your cardio vascular endurance with high intensity interval training.	Wednesdays	6:30pm-7:30pm																					
Core Barre Fusion	Erika Maxie	Join us for a music-driven experience designed to put you in the "mood to move" as we focus to lengthen and strengthen targeted areas using a unique blend of barre, yoga and Pilates for a total body workout. Challenge your fitness, renew your exercise! This class is open to all.	Aug 11 & Sept 8	10:00am-11:00am																					
			<table border="1"> <tr> <td>July 6, 20</td> <td>7:30pm-9:30pm</td> <td>July 14, 28</td> <td>6:30am-8:00am</td> </tr> <tr> <td>Aug 3, 17</td> <td>7:00pm-9:00pm</td> <td>Aug 11</td> <td>6:30am-8:00am</td> </tr> <tr> <td>Aug 31</td> <td>6:30pm-8:30pm</td> <td>Aug 25</td> <td>7:00am-8:30am</td> </tr> <tr> <td>Sept 14</td> <td>6:30pm-8:30pm</td> <td>Sept 8, 22</td> <td>7:00am-8:30am</td> </tr> <tr> <td>Sept 28</td> <td>6:00pm-8:00pm</td> <td>Oct 6, 20</td> <td>7:30am-9:00am</td> </tr> <tr> <td>Oct 12, 26</td> <td>5:30pm-7:30pm</td> <td></td> <td></td> </tr> </table>	July 6, 20	7:30pm-9:30pm	July 14, 28	6:30am-8:00am	Aug 3, 17	7:00pm-9:00pm	Aug 11	6:30am-8:00am	Aug 31	6:30pm-8:30pm	Aug 25	7:00am-8:30am	Sept 14	6:30pm-8:30pm	Sept 8, 22	7:00am-8:30am	Sept 28	6:00pm-8:00pm	Oct 6, 20	7:30am-9:00am	Oct 12, 26	5:30pm-7:30pm
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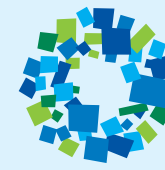
Want to Provide a Free Fitness Class?

If you or your business is interested in volunteering to provide free fitness classes on the Atlanta BeltLine, visit BeltLine.org/fitsignup, and complete the form you'll find under 'Lead a Free Fitness Class' to inquire.

Sign up online: beltline.org/fitsignup | More info: info@atlbeltlinepartnership.org | Dates and times subject to change.



Find your fit with Atlanta BeltLine Free Fitness Classes.



Atlanta BeltLine Partnership

JULY-OCT 2018 CLASSES

Program	Led By	Description	Date	Time	Map
Group Fitness					
HIIT Style Workout *	November Project ATL		Wednesdays	6:27am-7:15am	
			1st & 2nd Fridays	6:27am-7:15am	
			3rd & 4th Fridays	6:27am-7:15am	
Healthy Me! Healthy You! Health & Wellness Festival	Wholistic Stress Control Institute	Health Speakers, exercise demos, healthy food, musical performances, kids zone, health screenings & more! *	July 18-21	1:00pm-4:00pm	
FitWit at Old Fourth Ward	FitWit	60 minute boot camp style workout.*	Saturdays	9:00am-10:00am	
FitWit Bootcamp	FitWit	60 minute boot camp style workout.*	Saturdays	8:30am	
Skateboarding Class Beginner	Stratosphere/ Coke	A one hour class with expert instructors. Topics include: Learning to balance, the stance and your first turns	Saturdays	10:00am-11:00am	
Skateboarding Class Intermediate	Stratosphere/ Coke	A one hour class that will go over learning how to turn, how to drop in, and basic tricks	Saturdays	11:10am-12:10pm 12:30pm-1:30pm	
Afro Beats	Cosmic Energy Fitness	This class is focused on various street dance styles that emerge from urban environments from across Africa. Get ready for fast tempos, percussion, and vocals to enhance your high-energy and core based workout.	July 28 Aug 18 Sept 8	8:00am-9:00am	
Caribbean Workout	Punafaya	Come burn calories, relieve stress and tone your muscles while, at the same time, having fun and enjoying great music from around the world! You'll have a blast!	Thursdays	6:30pm-7:30pm	
History Tours	WEToursATL	WEToursATL creates fun and educational neighborhood walking tours along the Atlanta BeltLine Westside Trail that introduce longtime residents and visitors alike to the people, businesses, and history that make Atlanta great! Learn more at wetoursatl.org	Wednesdays & Saturdays	11:30am-2:00pm	
Urban Farm Tours	WEToursATL		Fridays & Saturdays	11:00am-2:00pm	
Art Tours	WEToursATL		Fridays & Saturdays	11:00am-2:00pm	
Outdoor Yoga at the Beltline		Join us for a weekly yoga session that will fill all of those needs! Our professional instructor will lead you through a multilevel flow beyond the walls of the studio. These sessions will help build a solid foundation for those new to the practice, and provide opportunities for established practitioners to deepen that foundation and build upon it.	July 8, 15, 22, 29 Aug 5, 12, 19, 26 Sept 9, 16, 23, 30 Oct 7, 14	3:00pm-4:00pm	
Restorative Yoga	Kristen Shaw	This beginner-friendly class begins with a slow & gentle flow, then winds down to a restorative practice followed by savasana.	Wednesdays (except July 4)	7:00pm-8:00pm	
Aerobics	10-AGAIN	Energizing 60-minute workout for all ages.	Tuesdays	6:00pm-7:00pm	
			Thursdays	6:00pm-7:00pm	

JULY - OCT 2018

Class Locations

SEE INSIDE FOR CLASS TIMES

Get Healthy on the
Atlanta BeltLine
WITH FREE FITNESS CLASSES

Sign Up Now for
Free Classes
BELTLINE.ORG/FITSIGNUP



NORTHSIDE

- A Northside Trail at Tanyard Creek Park
Collier Rd. at Walthall Dr., 30318
- B Tanyard Creek Park
Colland Dr. at Walthall Dr., 30309
- AK Catalyst Fitness
2233 Peachtree Rd NE, 30309

EASTSIDE

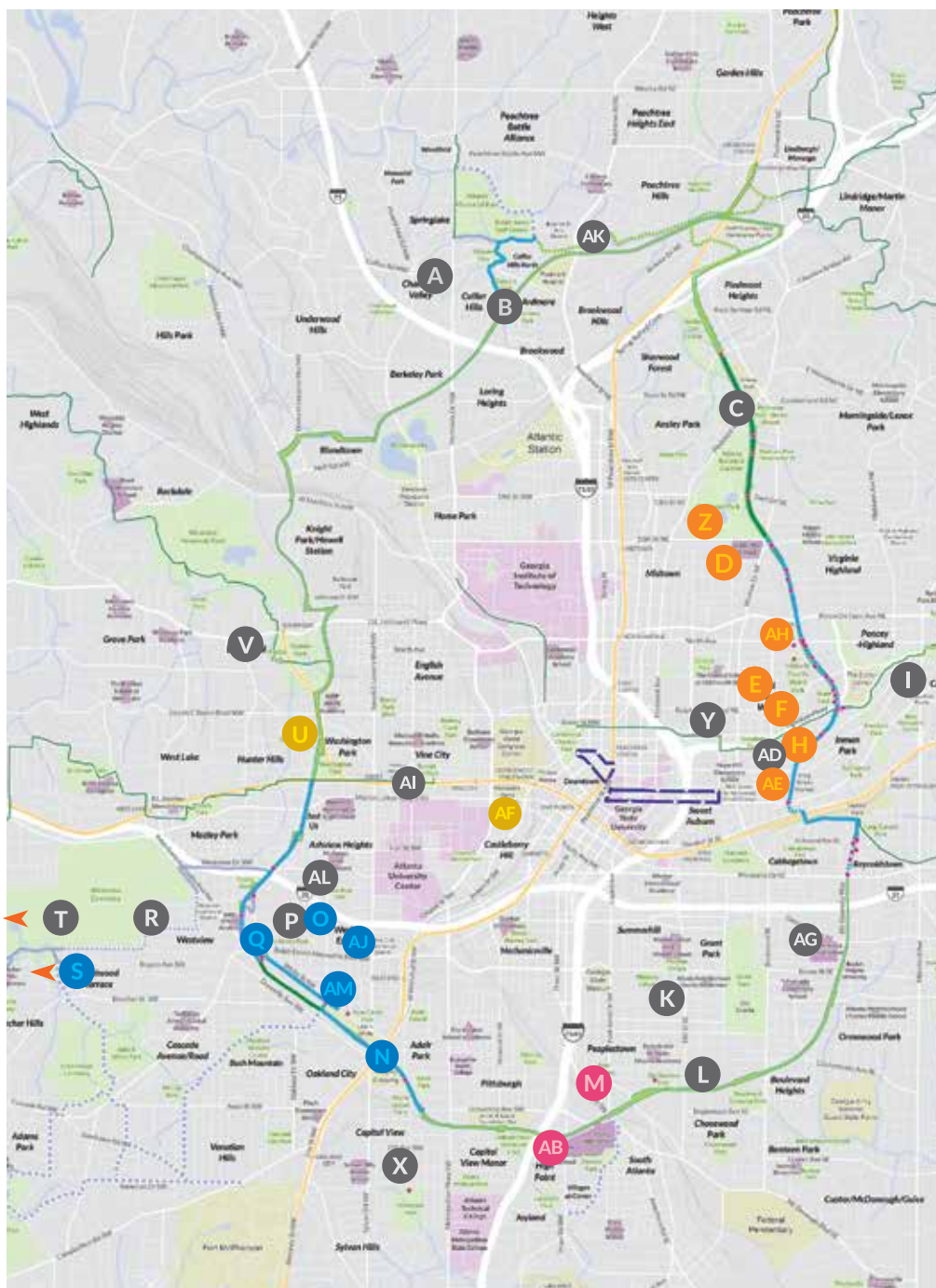
- C Northwoods
(Park Tavern parking lot, Piedmont Park)
500 10th St., 30309
- E Historic 4th Ward Park Outdoor Amphitheater
680 Dallas St., 30308
- F Historic 4th Ward Skatepark
830 Willoughby Way, 30312
- H Eastside Trail at Parish
240 N. Highland Ave., 30307
- I Candler Park
1500 McLendon Ave., 30307
- Y Atlanta Medical Center
303 Parkway Dr. NE, 30312
- Z Piedmont Park
1342 Worchester Dr. NE, 30306
- AD Ladybird Grove & Mess Hall
685 John Wesley Dobbs, 30312
- AE Edgewood Ave Bridge
Edgewood Avenue bridge at Eastside trail
- AH Ponce City Market Shed
675 Ponce De Leon Ave NE, 30308
- D Grady Highschool
929 Charles Allen Dr NE, Atlanta, GA 30309

SOUTHSIDE

- K Grant Park Coffeehouse
753 Cherokee Ave., 30315
- L Boulevard Crossing Park
Boulevard & Englewood Ave., 30315
- M D.H. Stanton Park
1052 Martin St., 30315
- AB Langford Skatepark
1614 Arthur Langford Junior Pl. SW, 30315
- AG Maynard Jackson High School
801 Glenwood Ave, 30312

SOUTHWEST

- N Adair Park
742 Catherine St., 30310
- O West End Park
1111 Oak St SW, 30310
- P Hammonds House
503 Peoples St., 30310
- Q Gordon White Park
1350 Ralph David Abernathy Blvd., 30310
- R KIPP STRIVE
1444 Lucile Ave., 30310
- S Southwest Connector Spur Trail
Beecher Hills Elementary School
2257 Bollingbrook Dr., 30311



T Lionel Hampton Trail
390 Willis Mill Rd., 30311 (enter at MLK Dr.)

X Perkerson Park
770 Deckner Ave. SW, 30310

AJ Alkebulan Park - The Shrine of the Black Madonna
946 Ralph David Abernathy Blvd., 30310

AL Shiloh Missionary Baptist Church
1150 Westview Dr SW # 306, 30310

AM Rose Circle Park
Rose Circle/White Street SW, 30310

WESTSIDE

U Washington Park
101 Ollie St., 30314

V Maddox Park
Donald Lee Hollowell Pkwy., NW, 30318

AF Brown Middle School
765 Peoples St., 30310

AI Walmart (Parking Lot)
843 MLK Dr. NW 30314

There are no classes this quarter
at the locations in gray