



There's something for everyone—don't miss out on this fun new way to get fit in your community. Classes are weekly except where specific dates are noted.

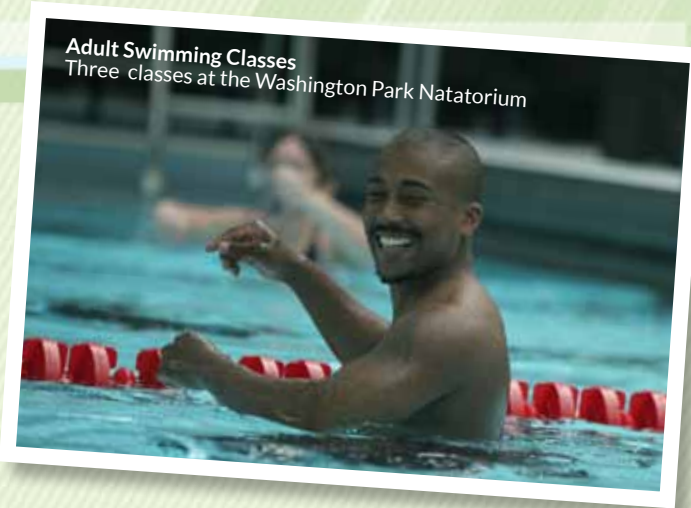


Get Healthy on the Atlanta BeltLine
WITH FREE FITNESS CLASSES



January – March 2015 Class Schedule

SEE REVERSE SIDE FOR CLASS TIMES



Adult Swimming Classes
Three classes at the Washington Park Natatorium



How to Ride a Bike For Kids
Four classes at KIPP STRIVE



Aerobics
Two classes at two locations
Photo: Christopher T Martin

// FREE FITNESS CLASSES ON THE ATLANTA BELTLINE

The Atlanta BeltLine Partnership is offering FREE fitness classes at multiple times and locations along the Atlanta BeltLine. With twenty-two class types to choose from, there is something for all ages and fitness levels. Get fit and have fun on the Atlanta BeltLine! Classes include:

- > Aerobics
- > Basic Mountain Biking
- > How to Ride a Bike, for Adults & Kids
- > Intro to FitWit
- > Sunrise/Sunset Hike
- > Play Day event for all ages
- > Group Run
- > Run Club
- > Street Cup Soccer
- > Bike Tours
- > Arboretum Walking Tour
- > Walk With a Doc
- > West End Walking Tour
- > Trail Yoga
- > ElliptiGO classes

AND NEW FOR 2015

- > Pilates Classes
- > Barre3 Fitness Class
- > Adult Swimming Classes
- > Vibe Ride Cycling
- > Self Defense



Sign up online at beltline.org/fitsignup
OR CALL 404-446-4410 FOR MORE INFO



Get Healthy on the Atlanta BeltLine

WITH FREE, FUN FITNESS CLASSES



PROGRAM	LED BY	DATES	TIME	LOCATION (see map on back page)
 Aerobics: Energizing sixty-minute workout for all ages.	Young At Heart Wellness	Tuesdays	6:00 pm	B - Historic 4th Ward Park Outdoor Theater
		Saturdays	10:00 am	P - SW Connector Spur Trail
 Basic Mountain Biking: Two-hour off-road biking class for beginners,	REI	Sat., Feb. 14	10:00 am	A - Piedmont Park (Park Tavern)
		Sat., Mar. 14	10:00 am	A - Piedmont Park (Park Tavern)
 Bike Tour: 3-hour ride with educational stops. Register at beltline.org/tours .	Atlanta Bicycle Coalition	Saturdays (starting Jan. 24)	10:00 am	E - Eastside Trail at Atlanta BeltLine Bicycle
		Sundays (starting Jan. 25)	1:00 pm	L - Hammonds House Museum
 How to Ride a Bike for Adults: Three-hour introductory bike riding course for adults.	REI	Sat., Feb. 7	10:00 am	N - KIPP STRIVE
		Sat., Mar. 7	10:00 am	N - KIPP STRIVE
 How to Ride a Bike for Kids: Two-hour introductory bike riding course for children.	REI	Sat., Jan 24	10:00 am	N - KIPP STRIVE
		Sat., Feb. 28	10:00 am	N - KIPP STRIVE
		Sat., Mar. 7	10:00 am	N - KIPP STRIVE
		Sat., Mar. 7	1:00 pm	N - KIPP STRIVE
 Introduction to FitWit: 60 minute boot camp style workout.	FitWit	Saturdays (starting Jan. 10)	8:30 am	J - D.H. Stanton Park
		Mon., Feb. 9	6:00 am	C - Historic 4th Ward Skatepark
 Sunrise/Sunset Hike: See beautiful vistas on the Eastside during a casual two-hour hike. Meeting points are on the trail at the designated locations.	REI	Mon., Mar. 9	6:00 am	C - Historic 4th Ward Skatepark
		Sat., Jan. 24	4:30 pm	A - Piedmont Park (Park Tavern)
		Sat., Feb. 21	5:00 pm	A - Piedmont Park (Park Tavern)
		Fri., Mar. 20	6:30 pm	A - Piedmont Park (Park Tavern)
 Play Day!: Kids and adults can play dozens of different sports -- no experience required.	Atlanta Contact Point	Sun., Mar. 22	1 pm -5 pm	I - Boulevard Crossing
 Group Run: Get ready for upcoming Atlanta BeltLine Running Series races.	REI	Sundays (starting Jan. 25)	8:00 am	H - Grant Park
		Thu., Jan. 8	6:30 pm	A - Piedmont Park (Park Tavern)
 Run Club: Group runs ranging from two to four miles, followed by socializing.	Atlanta BeltLine Running Series	Sat., Jan. 24	11:00 am	Q - Serenbe
		Thu., Feb. 5	6:30 pm	U - Bell Street Burritos
		Thu., Mar. 5	6:30 pm	G - ParkGrounds Coffee Shop
 Street Cup: A free soccer clinic, focusing on control and dribbling skills, for youth players of all ages, followed by pick-up games.	Soccer in the Streets	Sat., Mar. 28	2:00 PM	C - Historic 4th Ward Skatepark
 Aboretum Walking Tour: 1.5 hour tour highlighting horticultural features of the Eastside Trail. Register at beltline.org/tours .	Trees Atlanta	Fridays (except 1/16, 1/30, 2/13, and 2/27)	10:00 am	D - Eastside Trail at Parish
		Saturdays (except 1/10, 1/24, 2/7, and 2/21)	10:00 am	D - Eastside Trail at Parish

Sign up online: beltline.org/fitsignup. More info: 404-446-4410 / info@atlbeltlinepartnership.org

January - March 2015 Schedule

BELTLINE.ORG/FITSIGNUP



PROGRAM	LED BY	DATES	TIME	LOCATION (see map on back page)
 Walk With A Doc: Activities include 20-minute walk, children's playground, nature exploration, and lesson on outdoor exercise equipment.	HEAL, WAWA, WCA, Links	Sat., Jan. 3	9:00 am	O - Lionel Hampton Trail
		Sat., Jan. 17	9:00 am	O - Lionel Hampton Trail
		Sat., Feb. 7	9:00 am	O - Lionel Hampton Trail
		Sat., Feb. 21	9:00 am	O - Lionel Hampton Trail
		Sat., Mar. 7	9:00 am	O - Lionel Hampton Trail
		Sat., Mar. 21	9:00 am	O - Lionel Hampton Trail
 Walk With A Doc: 1.5-hour walk and talk with a Piedmont doctor. Ask questions while taking steps toward better health.	Piedmont Healthcare	Sat., Mar. 28	8:30 am	F - Eastside Trail at Irwin Street
 West End Walking Tour: Two-hour cultural tour of Atlanta's oldest neighborhood.	Insight Tours	Sat., Jan. 10	11:00 am	R - West End MARTA Station
		Sat., Feb. 14	11:00 am	R - West End MARTA Station
		Sat., Mar. 14	11:00 am	R - West End MARTA Station
 ElliptiGO: One-hour class using ElliptiGO cycles.	Atlanta Track Club	Sun., Jan. 11	8:00 am	C - Historic Fourth Ward Skatepark
		Sun., Jan. 11	9:00 am	C - Historic Fourth Ward Skatepark
		Sun., Feb. 22	8:00 am	T - Tanyard Creek Park
		Sun., Feb. 22	9:00 am	T - Tanyard Creek Park
		Sun., Mar. 15	8:00 am	K - Rose Circle Park, West End
		Sun., Mar. 15	9:00 am	K - Rose Circle Park, West End
 Adult Swimming Classes: A mixture of low-impact swimming exercises and aerobic exercises in an indoor, semi-heated pool. For beginner, intermediate, and advanced adult swimmers.	All-Star Swim Academy of Atlanta	Sat., Jan. 24	9:00 am	S - Washington Park Natatorium
		Sat., Feb. 21	9:00 am	S - Washington Park Natatorium
		Sat., Mar. 21	9:00 am	S - Washington Park Natatorium
 Barre3 Fitness Class: A 60-minute total body workout designed to strengthen, tone, and balance the body. Accessible and challenging to all, regardless of fitness level.	Barre3	Sat., Mar. 28	1:00 pm	H - Grant Park
 Pilates: A one-hour blend of strength and flexibility training for the entire body. Bring a yoga mat or towel.	LC Fitness	Mon., Mar. 2	5:30 pm	T - Tanyard Creek Park
		Mon., Mar. 9	5:30 pm	T - Tanyard Creek Park
		Mon., Mar. 16	5:30 pm	T - Tanyard Creek Park
		Mon., Mar. 23	5:30 pm	C - Historic 4th Ward Skatepark
		Mon., Mar. 30	5:30 pm	C - Historic 4th Ward Skatepark
 Self-Defense: Come get your blood flowing and build strength while learning basic self-defense techniques.	Women's Martial Law	Mon., Mar. 2	6:00 pm	M - Gordon White Park
		Thurs., Mar. 5	6:00 pm	M - Gordon White Park
		Sat., Mar. 7	11:00 am	M - Gordon White Park
		Mon., Mar. 9	6:00 pm	C - Historic 4th Ward Skatepark
		Thurs., Mar. 12	6:00 pm	C - Historic 4th Ward Skatepark
		Sat., Mar. 14	11:00 am	C - Historic 4th Ward Skatepark
		Mon., Mar. 16	6:00 pm	J - DH Stanton Park
		Thurs., Mar. 19	6:00 pm	J - DH Stanton Park
		Sat., Mar. 21	11:00 am	J - DH Stanton Park
		Sat., Feb. 21	10:00 am	M - Gordon White Park
 Vibe Ride Cycling: A 60-minute mixture of circuit training and cycling on stationary spin bikes outdoors.	Vibe Ride	Sat., Feb. 21	11:00 am	M - Gordon White Park
		Sat., Feb. 21	12:00 pm	M - Gordon White Park
		Sat., Feb. 21	12:00 pm	M - Gordon White Park
 Trail Yoga: One-hour combination of hiking, jogging, and yoga.	REI	Saturdays (starting Jan. 21)	10:00 am	T - Tanyard Creek Trail
		Wednesdays (starting Jan. 28)	12:00 pm	A - Piedmont Park (Park Tavern)



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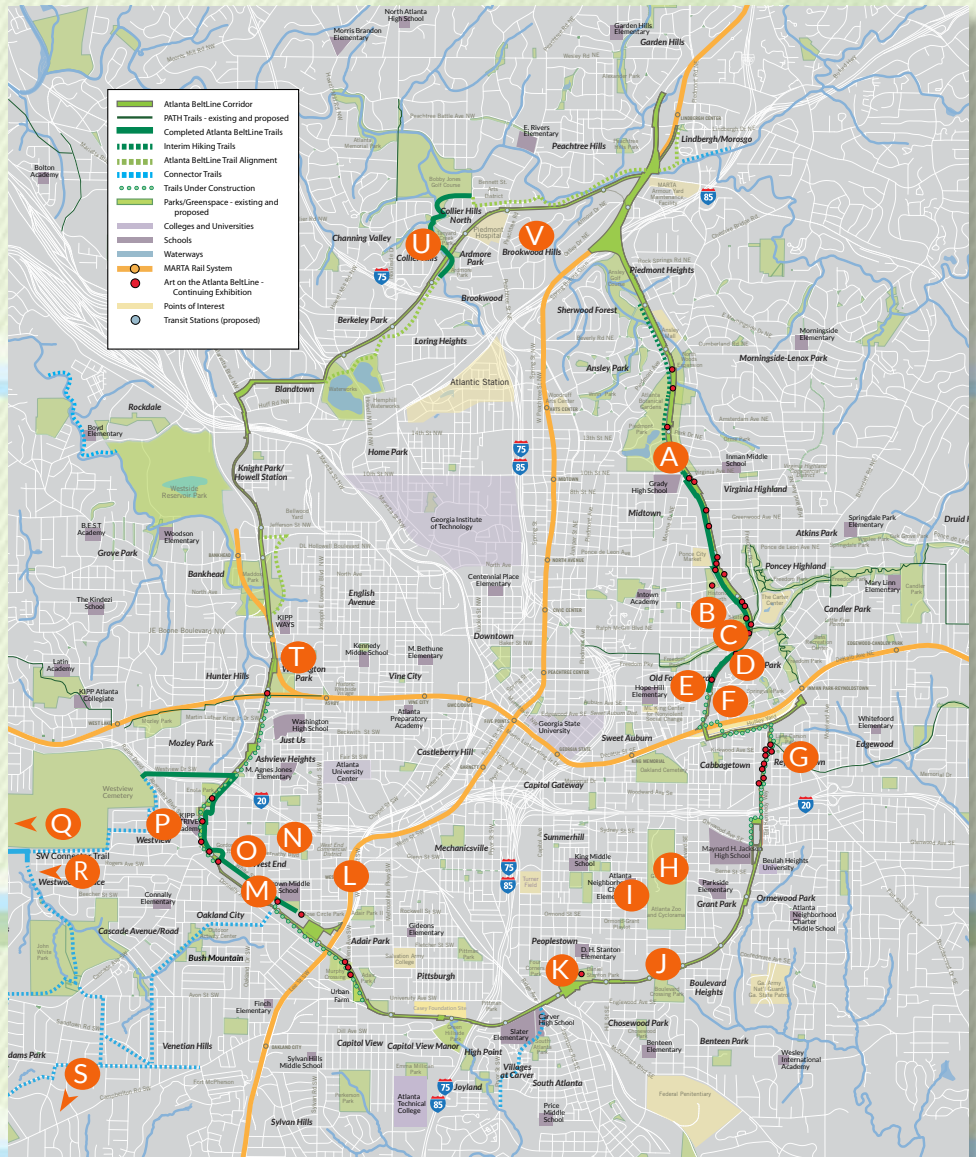


January - March 2015 Class Locations
SEE INSIDE FOR CLASS TIMES

Sign Up Today for Free Classes
BELTLINE.ORG/FITSIGNUP



- A** Piedmont Park (Park Tavern parking lot)
500 10th St., 30309
- B** Historic 4th Ward Park Outdoor Theater
680 Dallas St., 30308
- C** Historic 4th Ward Skatepark
830 Willoughby Way, 30312
- D** Eastside Trail at Parish
240 N. Highland Ave., 30307
- E** Eastside Trail at Atlanta BeltLine Bicycle
151 Sampson St., 30312
- F** Eastside Trail at Irwin St.
650 Irwin St., 30312
- G** ParkGrounds Coffee Shop in Reynoldstown
142 Flat Shoals Ave SE, 30316
- H** Grant Park, 840 Cherokee Ave., SE, 30312
(Specific location in the park to be announced)
- I** Grant Park Coffee House
753 Cherokee Avenue, 30315
- J** Boulevard Crossing Park
Boulevard & Englewood Ave., 30315
- K** D.H. Stanton Park, 1052 Martin St., 30315
- L** West End MARTA Station
680 Lee St., SW, 30310
- M** Rose Circle Park, West End
Rose Circle / White Street SW, 30310
- N** Hammonds House, 503 Peebles St., 30310
- O** Gordon White Park
1350 Ralph David Abernathy Blvd., 30310
- P** KIPP STRIVE, 1444 Lucile Ave., 30310
- Q** Lionel Hampton Trail
390 Willis Mill Road, 30311 (enter at MLK Dr.)
- R** Southwest Connector Spur Trail
Beecher Hills Elementary School
2257 Bollingbrook Dr., 30311
- S** Serenbe 9110 Selborne Lane
Chattahoochee Hills, GA 30268
- T** Washington Park Natatorium
101 Ollie St., 30314
- U** Northside Trail at Tanyard Creek Park
Collier Rd. at Waltham Dr., 30318
- V** Bell Street Burritos
1816 Peachtree ST NE, 30309



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