



Find your fit: With Atlanta BeltLine Free Fitness Classes, you'll find all kinds of ways to get fit and get active on the Atlanta BeltLine.



Atlanta BeltLine Partnership



July-September 2015 Class Schedule

HIKE & WALK



PROGRAM	LED BY	DATES	TIME	LOCATION (see map on back)
// Hike, Walk, and Run				
Arboretum Walking Tour: 1.5 hour tour highlighting horticultural features of the Eastside Trail. Register at beltline.org/tours .	Trees Atlanta	Fridays	9:00 am	H - Eastside Trail at Parish
		Saturdays	9:00 am	
Sunrise/Sunset Hike: See beautiful vistas on the Eastside during a casual two-hour hike. Visit beltline.org/events for meetup locations and further details.	REI	Mon., July 6	6:00 am	F - Historic 4th Ward Skatepark
		Mon., July 20	6:15 am	
		Mon., Aug. 3	6:15 am	
		Mon., Aug. 17	6:30 am	
		Tues., Sept. 8	6:45 am	
		Mon., Sept. 21	7:00 am	C - Northwoods (Park Tavern)
		Fri., July 10	7:00 pm	
		Fri., July 24	7:00 pm	
		Fri., Aug. 7	7:00 pm	
		Fri., July 21	6:30 pm	
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., July 25	8:30 am	J - Eastside Trail at Irwin Street
		Sat., Aug. 22	8:30 am	
		Sat., Sept. 26	8:30 am	
Walk With A Doc: A physician from Atlanta Medical Center will show you how a short walk can start improving your health, and will talk to you about attaining your goals for a healthier lifestyle.	Atlanta Medical Center	Sat., July 18	9:00 am	Y - Atlanta Medical Center
		Sat., Aug. 15	9:00 am	Q - Gordon White Park
		Sat., Sept. 12	9:00 am	Y - Atlanta Medical Center
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., July 4	9:00 am	T - Lionel Hampton Trail
		Sat., Aug. 1	9:00 am	
		Sat., Sept. 4	9:00 am	
West End Hike & Walking Tour: 2-hour cultural tour of Atlanta's oldest neighborhood.	Insight Tours	Sat., Aug. 15	11:00 am	O - West End MARTA Station
		Sat., Sept. 12	11:00 am	
Group Run: Preview courses & train for upcoming Atlanta BeltLine Run.Walk.Go! events. 2-4 mile runs followed by socializing.	REI	Tuesdays	5:30 pm	K - Grant Park Coffeehouse
Run.Walk.Go! Club: Join us for an invigorating 2-4 mile run/walk followed by socializing. Preview courses & train for upcoming Atlanta BeltLine Run.Walk.Go!	WestStride	Thurs., July 2	7:00 pm	C - Northwoods (Park Tavern)
		Thurs., Aug. 6	7:00 pm	D - Eventide Brewery
		Thurs., Sept. 3	7:00 pm	



Sign up online: beltline.org/fts/signup. More info: 404-446-4410 / info@atlbeltlinepartnership.org
 Dates and times subject to change.

July-September Class Schedule

BIKE, SWIM, PLAY & KID'S MULTISPORT

Photo by Lee Underwood



// Bike

PROGRAM	LED BY	DATES	TIME	LOCATION (see map on back page)
Basic Mountain Biking: 2-hour off-road biking class for beginners along the Westside Trail.	REI	Sat., July 18	9:00 am	C - Northwoods (Park Tavern)
		Sat., Aug. 22	9:00 am	C - Northwoods (Park Tavern)
		Sat., Sept. 12	9:00 am	C - Northwoods (Park Tavern)
Bike Tour: 3-hour ride with educational stops. Register at beltline.org/tours .	Atlanta Bicycle Coalition	Saturdays	9:00 am	G - Eastside Trail at Atlanta BeltLine Bicycle
		Sundays	3:00 pm	W - WeCycle Atlanta
How to Ride a Bike for Adults: 3-hour introductory bike riding course for adults.	REI	Sat., July 18	9:00 am	R - KIPP STRIVE
		Sat., Aug. 1	9:00 am	
		Sat., Sept. 12	9:00 am	
How to Ride a Bike for Kids: 2-hour introductory bike riding course for children.	REI	Sat., July 18	9:00 am	R - KIPP STRIVE
		Sat. July 18	12:00 pm	
		Sat., Aug. 1	9:00 am	
		Sat., Aug. 1	12:00 pm	
		Sat., Sept. 12	9:00 am	
		Sat., Sept. 12	12:00 pm	



// Swim

Intermediate / Advanced Adult Swim Classes: A mixture of low-impact swimming fitness classes and aerobic fitness classes in an indoor, semi-heated pool for intermediate & advanced adult swimmers.	All-Star Swim Academy of Atlanta	Sat., July 11	9:00 am	U - Washington Park Natatorium
		Wed., July 22	5:30 pm	
		Sat., July 25	9:00 am	
		Sat., Aug. 8	9:00 am	
		Wed., Aug. 12	5:30 pm	
		Sat., Aug. 22	9:00 am	
		Wed., Aug. 26	5:30 pm	
		Wed., Sept. 9	5:30 pm	
		Sat., Sept. 12	9:00 am	
		Wed., Sept. 23	5:30 pm	
		Sat., Sept. 26	9:00 am	



// Play Day & Kids' Multisport

Summer Recess Boot Camp: A fun, boot camp style work out, using hula hoops, balls, and jump rope. For families and adults! Kids ages 8+.	EmBODY WELL/ the sensual movement	Saturdays in July & September	9:00 am	N - Adair Park I
		Saturdays in August	9:00 am	Z - Piedmont Park
Play Day! Bring the whole family to enjoy dozens of different sports — no experience required!	Atlanta Contact Point	Sun., Sept. 20	1:00 pm - 5:00 pm	U - Washington Park
Street Cup: Youth soccer tournament accommodates all skill levels and promotes character development.	Soccer in the Streets	Sat., Sept. 12	2:00 pm	M - D.H. Stanton Park

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Sign up now to find your fit:
BELTLINE.ORG/FITSIGNUP

July-September Class Schedule

GROUP EXERCISE CLASSES



Atlanta
BeltLine
Partnership



PROGRAM	LED BY	DATES	TIME	LOCATION (see map on back page)
<i>// Aerobics, Barre3, Boot Camp, Pilates, Run Club, Self Defense, Tai Chi, Yoga & More</i>				
Aerobics: Energizing 1-hour workout for all ages.	Young At Heart Wellness	Tuesdays	6:00 pm	E - Historic 4th Ward Park
		Saturdays	10:00 am	S - SW Connector Spur Trail
Barre3 Fitness Class: A 1-hour total body workout designed to strengthen, tone, and balance the body. Accessible and challenging to all, regardless of fitness level.	Barre3	Tues., Aug. 11	6:30 pm	B - Tanyard Creek Park
Circuit Training: A series of exercises or stations completed in succession with minimal rest in between to promote both strength and cardiovascular fitness in the same exercise session. For adults of all ages and fitness levels!	Healthyou	Sat., July 18	11:00 am	B - Tanyard Creek Park
		Sat., Aug. 15	11:00 am	
		Sat., Sept. 19	11:00 am	
Introduction to FitWit: 1- hour boot camp style workout.	FitWit	Saturdays	8:30 am	M - D.H. Stanton Park
Pilates: A 1-hour blend of strength and flexibility training for the entire body. Bring a yoga mat or towel.	LC Fitness	Wed., July 1	6:30 pm	F - Historic 4th Ward Skatepark
		Wed., Aug. 5	6:30 pm	
		Wed., Sept. 2	6:30pm	
Self-Defense: Come get your blood flowing and build strength while learning basic self-defense techniques. For boys ages 7-15 and girls and women of all ages.	Women's Martial Law	Thursdays in July	6:30 pm	F - Historic 4th Ward Skatepark
		Thursdays in Aug.	6:30 pm	X - Perkerson Park
		Thursdays in Sept.	6:30 pm	F - Historic 4th Ward Skatepark
Trail Yoga: 1-hour combination of hiking, jogging, and yoga.	REI	Mondays (except Sept. 7)	6:00 pm	C - Northwoods (Park Tavern)
		Wednesdays	6:00 pm	S - SW Connector Spur Trail
Yoga for Families with Children: Bring the whole family for a 1-hour yoga session! Kids must be accompanied by an adult at all times.	REI	Tues., July 14	6:00 pm	M - D.H. Stanton Park
		Tues., Aug. 11	6:00 pm	
		Tues., Sept. 8	6:00 pm	
Yoga: 1-hour relaxing yet challenging yoga class with core exercises incorporated as well. All fitness levels welcome. Bring a yoga mat or towel. No prior yoga experience needed!	CorePower Yoga	Wed., July 8	7:00 pm	E - Historic 4th Ward Park
		Sat, July 18	9:00 am	U - Washington Park
		Sun., July 26	9:00 am	K - Grant Park Coffeehouse
		Wed., Aug. 5	7:00 pm	E - Historic 4th Ward Park
		Sat., Aug. 22	9:00 am	U - Washington Park
		Sun., Aug. 30	9:00 am	K - Grant Park Coffeehouse
		Wed., Sept. 9	7:00 pm	E - Historic 4th Ward Park
		Sat., Sept. 19	9:00 am	U - Washington Park
Sun. Sept. 27	9:00 am	K - Grant Park Coffeehouse		

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Get Healthy on the Atlanta BeltLine
WITH FREE FITNESS CLASSES

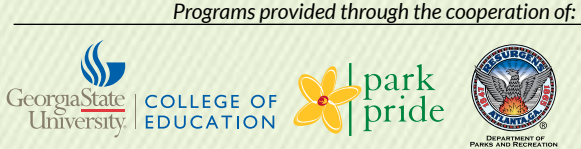
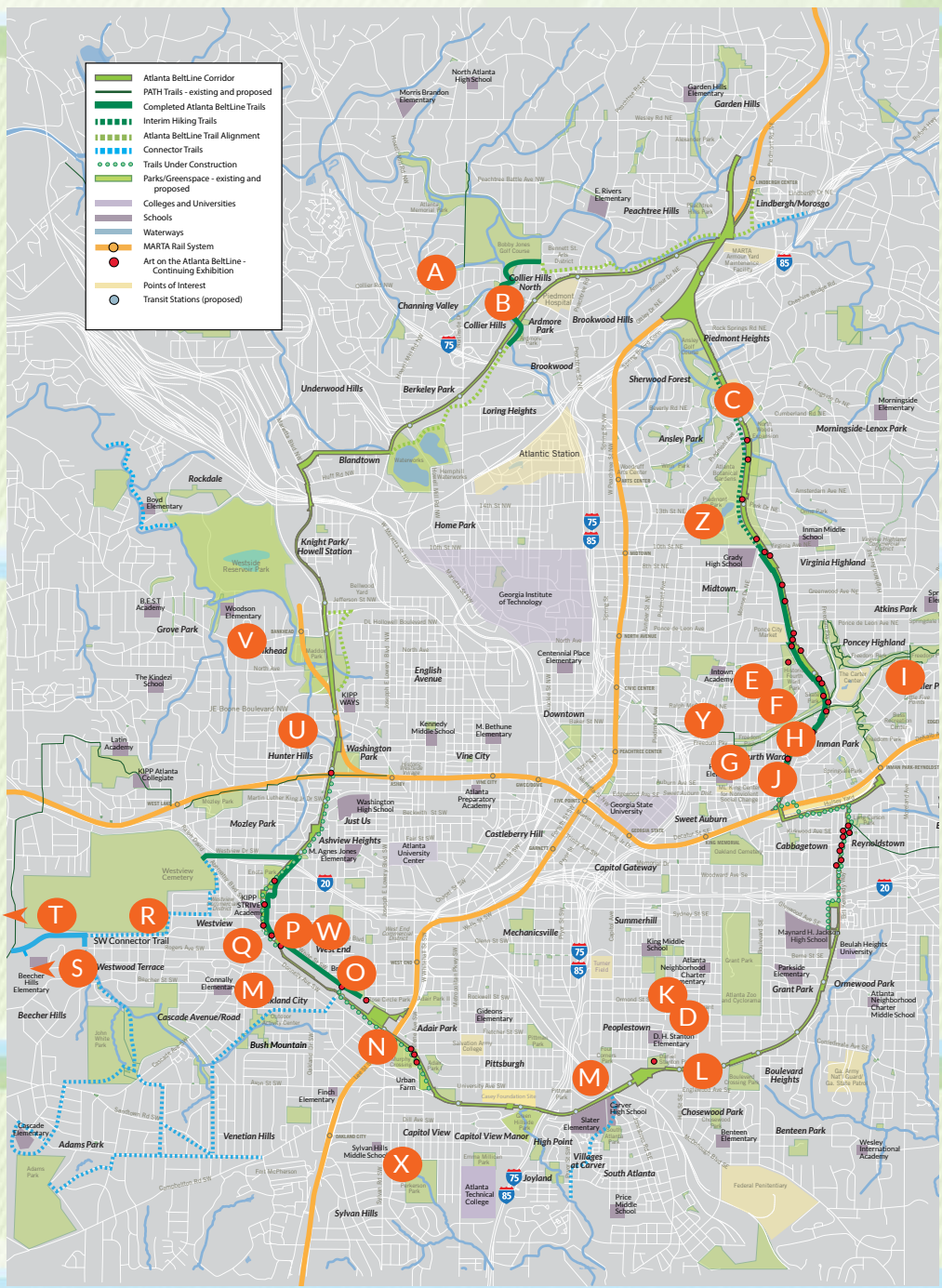


July-September Class Locations
SEE INSIDE FOR CLASS TIMES

Sign Up Now for Free Classes
BELTLINE.ORG/FITSIGNUP



- A** Northside Trail at Tanyard Creek Park, Collier Rd. at Walthall Dr., 30318
- B** Tanyard Creek Park, Colland Dr. at Walthall Dr., 30309
- C** Northwoods (Park Tavern parking lot, Piedmont Park), 500 10th St., 30309
- D** Eventide Brewing, 1015 Grant St. SE, 30315
- E** Historic 4th Ward Park Outdoor Theater, 680 Dallas St., 30308
- F** Historic 4th Ward Skatepark, 830 Willoughby Way, 30312
- G** Eastside Trail at Atlanta BeltLine Bicycle, 151 Sampson St., 30312
- H** Eastside Trail at Parish, 240 N. Highland Ave., 30307
- I** Candler Park, 1500 McLendon Ave., 30307
- J** Eastside Trail at Irwin St., 650 Irwin St., 30312 J
- 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
- N** Adair Park I, 742 Catherine St., 30310
- O** West End MARTA Station, 680 Lee 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.)
- U** Washington Park Natatorium, 101 Ollie St., 30314
- V** Maddox Park, Donald Lee Hollowell Pkwy., NW, 30318
- W** WeCycle Atlanta, 1124 Oak St. SW, 30310
- X** Perkerson Park, 770 Deckner Ave. SW, 30310
- Y** Atlanta Medical Center, 303 Parkway Dr. NE, 30312
- Z** Piedmont Park, 1342 Worchester Dr. NE, 30306



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