



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



## Oct. - Dec. 2014 Class Schedule

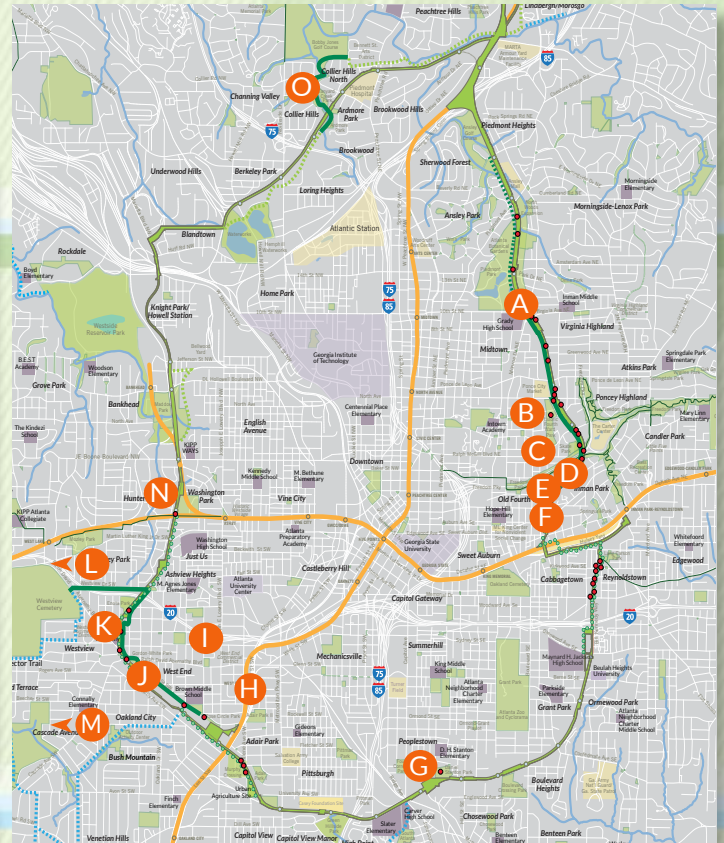
SEE REVERSE SIDE FOR CLASS TIMES

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

- > 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
- > Nutrition Walk
- > Walk With a Doc
- > West End Walking Tour
- > Trail Yoga
- > ElliptiGO classes



Sign up online at [beltline.org/fitsignup](http://beltline.org/fitsignup) or call 404-446-4410 for more info.



- 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** D.H. Stanton Park, 1052 Martin St., 30315
- H** West End MARTA station 680 Lee St., SW, 30310
- I** Hammonds House, 503 Peebles St., 30310
- J** Gordon White Park, 1350 Ralph David Abernathy Blvd., 30310
- K** KIPP Strive, 1444 Lucile Ave., 30310
- L** Southwest Connector Spur Trail, Beecher Hills Elementary School, 2257 Bollingbrook Dr., 30311
- M** Lionel Hampton Trail, 390 Willis Mill Road, 30311 (enter at MLK Dr.)
- N** Washington Park, 1125 Lena St., 30314
- O** Northside Trail at Tanyard Creek Park Collier Rd. at Walthall Dr. Atlanta 30318



# Get Healthy on the Atlanta BeltLine

WITH FREE, FUN FITNESS CLASSES

Oct. - Dec. 2014 Schedule  
BELTLINE.ORG/FITSIGNUP



PROGRAM	LED BY	DATES	TIME	LOCATION (see map on front side)
<b>Aerobics:</b> Energizing sixty-minute workout for all ages	Young At Heart Wellness	Tuesdays	6:00 PM	B - Historic 4th Ward Park
		Saturdays	10:00 AM	L - SW Connector Spur Trail
<b>Basic Mountain Biking:</b> Two-hour off-road biking class for beginners along the Westside Trail and the Northwoods section of the Eastside Trail	REI	Sun., Oct. 19	10:00 AM	N - Washington Park
		Sat., Nov. 8	10:00 AM	A - Piedmont Park, Park Tavern
		Sat., Dec. 20	10:00 AM	A - Piedmont Park, Park Tavern
<b>Bike Tour:</b> Three-hour ride with educational stops. Register at <a href="http://beltline.org/tours">beltline.org/tours</a>	Atlanta Bicycle Coalition	Saturdays (until Dec. 14)	10:00 AM	E - Eastside Trail at Atlanta BeltLine Bicycle
		Sundays (until Dec. 14)	2:00 PM	I - Hammonds House Museum
<b>How to Ride a Bike for Adults:</b> Three-hour introductory bike riding course for adults	REI	Sat., Nov. 1	10:00 AM	K - KIPP STRIVE
		Sat., Nov. 22	10:00 AM	K - KIPP STRIVE
		Sat., Dec. 13	10:00 AM	K - KIPP STRIVE
		Sun., Oct. 19	10:00 AM	K - KIPP STRIVE
<b>How to Ride a Bike for Kids:</b> Two-hour introductory bike riding course for children	REI	Sun., Oct. 19	1:00 PM	K - KIPP STRIVE
		Sun., Nov. 16	10:00 AM	K - KIPP STRIVE
		Sun., Nov. 16	1:00 PM	K - KIPP STRIVE
		Sun., Dec. 14	10:00 AM	K - KIPP STRIVE
		Sun., Dec. 14	1:00 PM	K - KIPP STRIVE
<b>Introduction to FitWit:</b> 60-minute boot camp style workout	FitWit	Saturdays	8:30 AM	G - D.H. Stanton Park
		Mon., Oct. 6	6:00 AM	B - Historic 4th Ward Skatepark
<b>Sunrise/Sunset Hike:</b> See beautiful vistas on the Eastside and Westside during a casual two-hour hike. Meeting points are on the trail at the designated locations	REI	Mon., Nov. 3	6:00 AM	B - Historic 4th Ward Skatepark
		Mon., Dec. 1	6:00 AM	B - Historic 4th Ward Skatepark
		Sat., Oct. 18	6:00 PM	J - Gordon White Park
		Sat., Nov. 15	5:00 PM	A - Piedmont Park, Park Tavern
		Sat., Dec. 6	5:00 PM	A - Piedmont Park, Park Tavern
<b>Play Day!</b> Kids and adults can play dozens of different sports -- no experience required	Atlanta Contact Point	Sun., Oct. 19	1 PM-5 PM	B - Historic 4th Ward Skatepark
		Sat., Oct. 18	8:00 AM	B - Historic 4th Ward Skatepark
<b>Group Run:</b> Get ready for upcoming Atlanta BeltLine Running Series races and preview the courses.	REI	Sat., Nov. 15	8:00 AM	B - Historic 4th Ward Skatepark
		Sat., Dec. 20	8:00 AM	B - Historic 4th Ward Skatepark
		Sat., Dec. 20	8:00 AM	B - Historic 4th Ward Skatepark
<b>Run Club:</b> Group runs ranging from two to four miles, followed by socializing	Atlanta BeltLine Running Series	Thu., Oct. 2	7:00 PM	A - Piedmont Park, Park Tavern
		Thu., Nov. 13	7:00 PM	A - Piedmont Park, Park Tavern
<b>Street Cup:</b> Youth soccer tournament accommodates all skill levels and promotes character development.	Soccer in the Streets	Sat., Nov. 15	10:00 AM	G - D.H. Stanton Park
<b>Aboretum Walking Tour:</b> 1.5-hour tour highlighting horticultural features of the Eastside Trail. Register at <a href="http://beltline.org/tours">beltline.org/tours</a> .	Trees Atlanta	Fridays	10:00 AM	D - Eastside Trail at Parish
		Saturdays	10:00 AM	D - Eastside Trail at Parish
<b>Nutrition Walk:</b> One-hour walk with a certified dietician to learn about healthy eating while you exercise	Open Hand	Wednesdays (not Nov. 26, Dec. 24, Dec. 31)	5:30 PM	A - Piedmont Park, Park Tavern
		Thursdays (not Nov. 27, or Dec. 25)	7:30 AM	N - Washington Park
		Thursdays (not Nov. 27, or Dec. 25)	6:00 PM	F - Eastside Trail at Irwin Street
<b>Walk With A Doc:</b> Activities include 20-minute walk, children's playground, nature exploration, and lesson on outdoor exercise equipment.	HEAL, WAWA, WCA, Links	Sat., Oct. 4	9:00 AM	M - Lionel Hampton Trail
		Sat., Nov. 8	9:00 AM	M - Lionel Hampton Trail
		Sat., Dec. 6	9:00 AM	M - Lionel Hampton Trail
<b>Walk With A Doc:</b> 1.5-hour walk and talk with a Piedmont doctor. Ask questions while taking steps toward better health.	Piedmont Healthcare	Sat., Oct. 25	8:30 AM	F - Eastside Trail at Irwin Street
		Sat., Oct. 11	9:00 AM	H - West End MARTA Station
<b>West End Walking Tour:</b> Two-hour cultural tour of Atlanta's oldest neighborhood	Insight Tours	Sat., Nov. 15	9:00 AM	H - West End MARTA Station
		Sat., Dec. 13	9:00 AM	H - West End MARTA Station
		Sat., Dec. 13	9:00 AM	H - West End MARTA Station
<b>Trail Yoga:</b> One-hour combination of hiking/jogging and yoga	REI	Mondays (until Nov. 17)	6:00 PM	A - Piedmont Park, Park Tavern
		Wednesdays (until Nov. 19)	6:00 PM	J - Gordon White Park
<b>ElliptiGO:</b> One-hour class using ElliptiGO cycles	Atlanta Track Club	Sat., Oct. 11	8:00 AM	O - Northside Trail
		Sat., Oct. 11	9:00 AM	O - Northside Trail

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