

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



OCTOBER-DECEMBER 2015 CLASS SCHEDULE

HIKE, WALK & RUN

	PROGRAM	LED BY	DATES	TIME	LOCATION (see map on back)
	// Hike, Walk & Run				
	Arboretum Walking Tour: 1.5 hour tour highlighting horticultural features of the Eastside Trail. Register at beltline.org/tours . (through December 12th)	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., Oct. 5	7:00 am	F - Historic 4th Ward Skatepark
			Mon., Nov. 2	6:30 am	
			Fri., Oct. 9	6:00 pm	C - Northwoods (Park Tavern)
			Fri., Oct. 23	5:30 pm	
			Sat., Oct. 7	4:30 pm	
	Sat., Nov. 21	4:30 pm			
	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., Oct. 10	9:00 am	Q - Gordon White Park
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., Oct. 3	9:00 am	T - Lionel Hampton Trail	
		Sat., Nov. 7	9:00 am		
West End Hike & Walking Tour: 2-hour cultural tour of Atlanta's oldest neighborhood.	Insight Tours	Sat., Oct. 17	10:00 am	O - West End MARTA Station	
		Sat., Nov. 14	10:00 am		
Group Run: Train for upcoming Atlanta BeltLine Run.Walk.Go! events. 2-4 mile runs followed by socializing.	REI	Tuesdays (through Nov. 17)	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., Oct. 1	7:00 pm
		Thurs., Nov. 5	7:00 pm	J - East Side Trail at Irwin (Ladybird)	
FitWit Camp For Strong Running: The key to strong and injury free running is cross training. Join FitWit every other Saturday leading up to the Eastside 10k for a 50 minute session designed to improve your running and help prevent injuries.	FitWit	Sat., Oct. 3	9:00 am	F - Historic 4th Ward Skatepark	
		Sat., Oct. 17	9:00 am		
		Sat., Oct. 31	9:00 am		
		Sat., Nov. 14	9:00 am		
Sat., Nov. 21	9:00 am				
Kilometer Kids: Fun Run and Dash	Atlanta Track Club	Weds., Nov. 4	5:30 pm	K - Grant Park Coffeehouse	



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



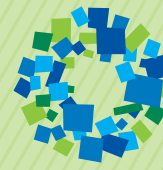
Photo by Lee Underwood

OCTOBER-DECEMBER CLASS SCHEDULE

BIKE, SWIM, PLAY, KIDS' MULTISPORT, AEROBICS & MORE

PROGRAM	LED BY	DATES	TIME	LOCATION (see map on back page)
// Bike				
Basic Mountain Biking: 2-hour off-road biking class for beginners along the Westside Trail.	REI	Sat., Oct. 17	10:00 am	C - Northwoods (Park Tavern)
		Sat., Nov. 7	10:00 am	C - Northwoods (Park Tavern)
Bike Tour: 3-hour ride with educational stops. Register at beltline.org/tours . (through December 13th)	Atlanta Bicycle Coalition	Saturdays	10:00 am	G - Eastside Trail at Atlanta BeltLine Bicycle
		Sundays	2:00 pm	W - WeCycle Atlanta
How to Ride a Bike for Adults: 3-hour introductory bike riding course for adults.	REI	Sat., Oct. 31	10:00 am	R - KIPP STRIVE
		Sat., Nov. 21	10:00 am	
How to Ride a Bike for Kids: 2-hour introductory bike riding course for children.	REI	Sat., Oct. 31	10:00 am	R - KIPP STRIVE
		Sat., Oct. 31	1:00 pm	
		Sat., Nov. 21	10:00 am	
		Sat., Nov. 21	1:00 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., Oct. 17	9:00 am	U - Washington Park Natatorium
		Sat., Oct. 31	9:00 am	
		Sat., Nov. 21	9:00 am	
		Sat., Nov. 28	9:00 am	
// Play Day & Kids' Multisport				
Play Day! Bring the whole family to enjoy dozens of different sports — no experience required!	Atlanta Contact Point	Sun., Oct. 18	1-5:00 pm	F - Historic 4th Ward Skatepark
		Sun., Nov. 15	1-5:00 pm	M - D.H. Stanton Park
// Aerobics, Barre3, FitWit, Self Defense & Yoga				
Aerobics: Energizing sixty-minute workout for all ages	Young at Heart Wellness	Tues., Oct. 6	6:00 pm	I - Ponce City Market
		All other Tuesdays	6:00 pm	E - Historic 4th Ward Park
		Thursdays	6:00 pm	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	Sat., Oct. 24	1:30 pm	B - Tanyard Creek Park
Introduction to FitWit: 1- hour boot camp style workout.	FitWit	Saturdays	8:30 am	M - D.H. Stanton Park
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 Oct.	6:30 pm	F - Historic 4th Ward Skatepark
Trail Yoga: 1-hour combination of hiking, jogging, and yoga.	REI	Mon. & Weds. in Oct. (Except Oct. 28)	6:00 pm	C - Northwoods (Park Tavern)
		Sat. & Weds. in Nov.	6:00 pm	B - Tanyard Creek Park
		Weds., Oct. 28	6:00 pm	B - Tanyard Creek Park

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



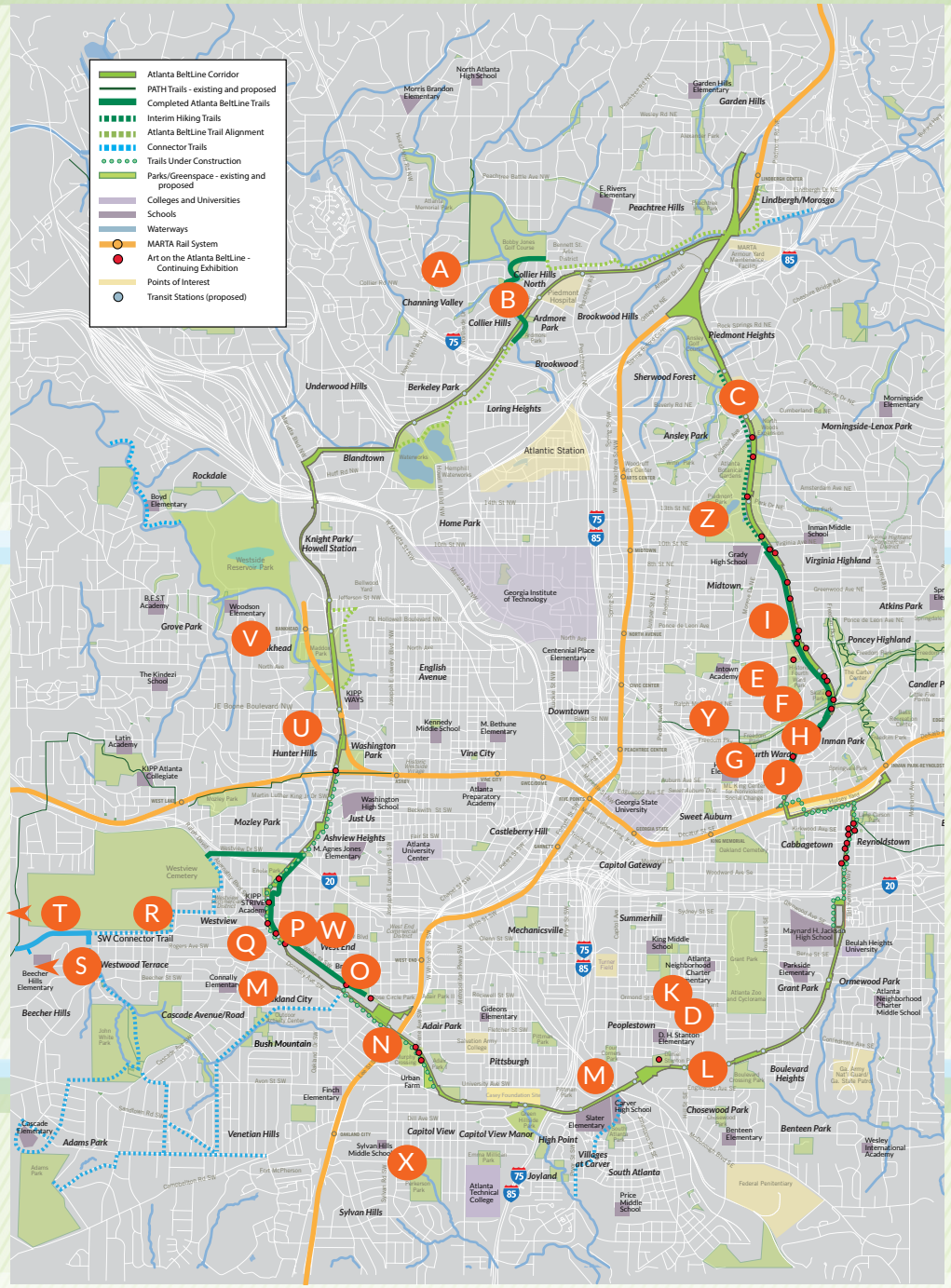
Atlanta
BeltLine
Partnership

October-December Class Locations

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** Ponce City Market, 675 Ponce de Leon Ave., NE, Atlanta, GA 30308
- 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



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



Sign up now for free classes:
BELTLINE.ORG/FITSIGNUP



Programs provided through the cooperation of:



Additional support from:

