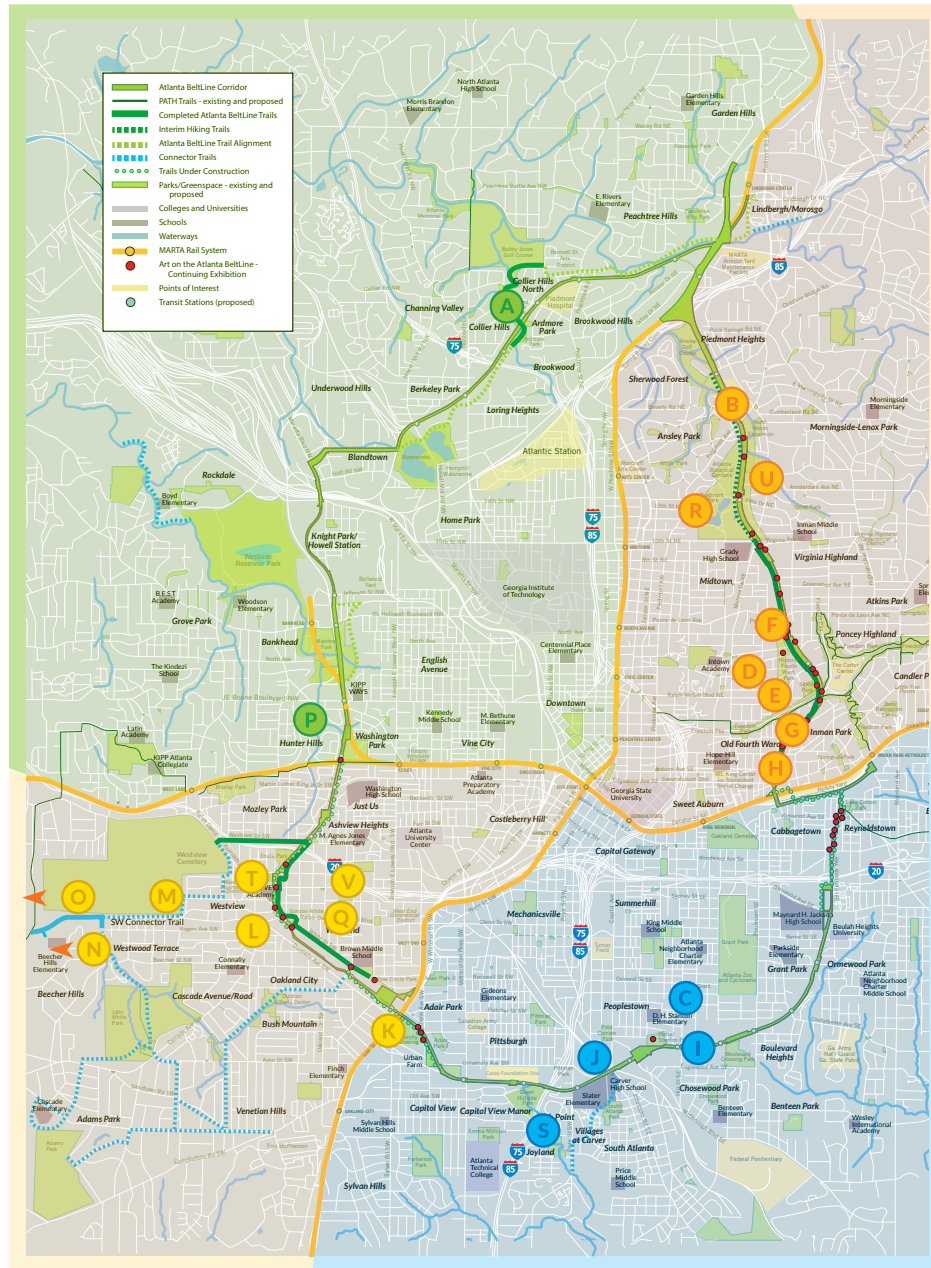


July - September 2016 Classes Locations

SEE INSIDE FOR CLASS TIMES



- A Tanyard Creek Park**, Colland Dr. at Walthall Dr., 30309
- B Northwoods** (Park Tavern parking lot, Piedmont Park), 500 10th St., 30309
- C Eventide Brewing**, 1015 Grant St. SE, 30315
- D Historic 4th Ward Park Outdoor Theater**, 680 Dallas St., 30308
- E Historic 4th Ward Skatepark**, 830 Willoughby Way, 30312
- F Mountain High Outfitters at Ponce City Market**, 675 Ponce de Leon Ave, Suite E-184, 30308
- G Eastside Trail at Parish**, 240 N. Highland Ave., 30307
- H Eastside Trail at Irwin St.**, 650 Irwin St., 30312
- I Boulevard Crossing Park**, Boulevard & Englewood Ave., 30315
- J D.H. Stanton Park**, 1052 Martin St., 30315
- K Adair Park**, 742 Catherine St., 30310
- L Gordon White Park**, 1350 Ralph David Abernathy Blvd., 30310
- M KIPP STRIVE**, 1444 Lucile Ave., 30310
- N Southwest Connector Spur Trail**, Beecher Hills Elementary School, 2257 Bollingbrook Dr., 30311
- O Lionel Hampton Trail**, 390 Willis Mill Rd., 30311 (enter at MLK Dr.)
- P Washington Park Natatorium**, 101 Ollie St., 30314
- Q WeCycle Atlanta**, 1124 Oak St. SW, 30310
- R Piedmont Park**, 1342 Worchester Dr. NE, 30306
- S Langford Skatepark**, 1614 Arthur Langford Junior Pl, Southwest Atlanta, GA, 30315
- T Mrs. D's**, 1540 Ralph David Abernathy Blvd Atlanta, GA, 30310
- U Orpheus Brewing**, 1440 Dutch Valley Pl NE, Atlanta, GA 30324
- V West End Park**, 1111 Oak St SW, Atlanta, GA 30310



Program partners include:



Sponsored by:



HEALTHWAYS



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Get Healthy on the Atlanta BeltLine
WITH FREE FITNESS CLASSES

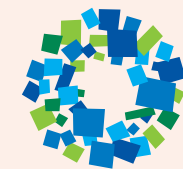
Sign Up Now for Free Classes
BELTLINE.ORG/FITSIGNUP



Let's Get Fit – For The Health Of It

JULY - SEPTEMBER 2016 CLASSES

We offer a range of 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!



Atlanta BeltLine Partnership



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



Find your fit with Atlanta BeltLine Free Fitness Classes.



July-September 2016 Classes

Program	Led By	Description	Date	Time	Location (see map)
Hike/Walk					
Aboretum Walking Tour	Trees Atlanta	1.5 hour tour highlighting horticultural features of the Eastside Trail. Register at beltline.org/tours .	Fridays	10am	G
Walk For Health <i>Sponsored by Healthways</i>	Urban Explorers	Curated, guided walks along the BeltLine. Check the website for this month's theme.	Thursdays	Afternoons	Varies
Walk With A Doc	HEAL, WAWA, WCA, Links	Activities include 20-minute walk, children's playground, nature exploration, and lesson on outdoor exercise equipment.	1st Saturday of the month	9am	O
			Jul 16		
			Aug 20	8:30am	H
<i>*Fitness Series Premium classes offered by REI. A percentage of proceeds go to the Atlanta BeltLine Partnership to support Free Fitness programs.</i>					
*Sunrise Hike	REI	See beautiful vistas on the Eastside during a casual 2-hour hike. Meeting points are on the trail at the designated locations. Class fee: \$5	Jul 18 Aug 22 Sep 26	6:15am 6:30am 7am	E
*Sunset Hike	REI	See beautiful vistas on the Eastside during a casual 2-hour hike. Meeting points are on the trail at the designated locations. Class fee: \$5	Jul 15 Aug 12 Sept 23	7pm 7pm 7:30pm	B
Run					
Run.Walk.Go! Club	WestStride	Join us for an 2-4 mile run/walk followed by socializing! These runs help you prepare for the Atlanta BeltLine Running Series races that take place along the BeltLine!	Jul 7 Aug 4 Sep 1	7-8pm 7-8pm 7-8pm	T C
Bike					
Atlanta BeltLine Bike Tour <i>Sponsored by Mountain High Outfitters</i>	Atlanta BeltLine Partnership	Enjoy a free guided tour of the Atlanta BeltLine while you learn about its concept, history, and updates on project planning, implementation and development.	1st & 3rd Saturdays	9am	F Q
How to Ride a Bike for Kids	REI	2-hour introductory bike riding course for children.	Jul 9 Aug 6 Sep 17	8am; 11am 8am; 11am 8am; 11am	M
How to Ride a Bike for Adults	REI	3-hour introductory bike riding course for adults.	July 9 Aug 6 Sep 17	8am 8am 9am	M
<i>*Fitness Series Premium classes offered by REI. A percentage of proceeds go to the Atlanta BeltLine Partnership to support Free Fitness programs.</i>					
*BeltLine Mountain Biking Basics	REI	2-hour off-road biking class for beginners. REI members: \$35 / non-members: \$55	Jul 23 Aug 20 Sep 24	9am 10am	B
*Bike and Brew	REI	Bring your own bike or borrow from REI. Bring: REI members \$50/Non-members \$70 fee Borrow: REI members \$80/Non-members \$100 fee	Sep 10	10am	U

July-September 2016 Classes

Program	Led By	Description	Date	Time	Location (see map)
Swim					
Intermediate/Advanced Adult Swim Class	All-Star Swim Academy of Atlanta	A mixture of low-impact swimming exercises and aerobic exercises in an indoor, semi-heated pool. For intermediate and advanced adult swimmers.	Jul 6	6:45pm	P
Play					
Play Day!	Atlanta Contact Point	Kids and adults can play dozens of different sports—no experience required. Immediately follows Westside 5K.	Jul 16	10am-2pm	V
Group Fitness					
Aerobics <i>Sponsored by Healthways</i>	Young At Heart Wellness	Energizing sixty-minute workout for all ages.	Tuesdays	6pm	N
Yoga	CorePower Yoga	60-minute relaxing yet challenging yoga class with core exercises incorporated as well. All fitness levels are welcome. Bring a yoga mat or towel. No prior yoga experience needed!	Aug 4	7pm	R
			Sep 1		
King of Pops Yoga in the Park #kopyoga	King of Pops	Get your inner peace on through this hour of guided breathing, stretching, and strengthening exercises led by instructor Charlie Baxter Graham. In case of bad weather, please check with provider about class status.	Tuesdays	7:30pm	E
FitWit Old Fourth Ward <i>Sponsored by Healthways</i>	FitWit	60 minute boot camp style workout.	Saturdays	8:30am	J
			Jul 2, 16, 30		
			Aug 13, 27	9am	E
Barre3 Fitness Class	Barre3	A 60-minute total body workout designed to strengthen, tone, and balance the body. Accessible and challenging to all, regardless of fitness level.	Sep 10	1:30pm	A
			Sep 10		
Skateboarding Class Beginner <i>Sponsored by Coca-Cola</i>	Stratosphere/Coke	A one-hour class with expert instructors. Topics include: learning to balance, the stance and your first turns.	Fridays	4pm, 5:10pm	S
Skateboarding Class Intermediate <i>Sponsored by Coca-Cola</i>	Stratosphere/Coke	A one-hour class that will go over learning how to turn, how to drop in, and basic tricks.	Fridays	6:30pm	S
			Saturdays	11:10am; 12:30pm	S
Kangoo Power	Kangoo Power	An hour cardio class while in Kangoo Jumps rebound shoes.	Tuesdays	7:30pm	A
Meditate With Me	The Wellness Sanctuary in partnership with the Mindfulness Center of Atlanta	Learn the basics of Mindful Meditation in a peaceful outdoor environment from a licensed instructor.	2nd & 4th Wednesdays	6pm	E
<i>*Fitness Series Premium classes offered by REI. A percentage of proceeds go to the Atlanta BeltLine Partnership to support Free Fitness programs.</i>					
*Outdoor Yoga on the Atlanta BeltLine	REI	One-hour combination of hiking/jogging and yoga. Members: \$10; Non-members: \$15	Mondays (Starting 7/11) Wednesdays	6pm 6pm	B A

Sign up online or view additional classes at beltline.org/fitsignup | More info: info@atlbeltlinepartnership.org | Dates and times subject to change. Interested in leading a free fitness class? Visit beltline.org/fitsignup and complete the online form. Open to individuals and businesses.

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