



FREE FITNESS



Atlanta BeltLine Partnership




 @ATLANTABELTLINE /// BELTLINE.ORG/FITNESS

ATLANTA'S LARGEST FREE FITNESS PROGRAM



Atlanta BeltLine
Northside 5k
April 4, 2020
BeltLine Northside Trail
 8am Race Start at the green by The Monroe
 Apartment Homes • 222 Colonial Homes Drive
 Sign up at beltline.org/races

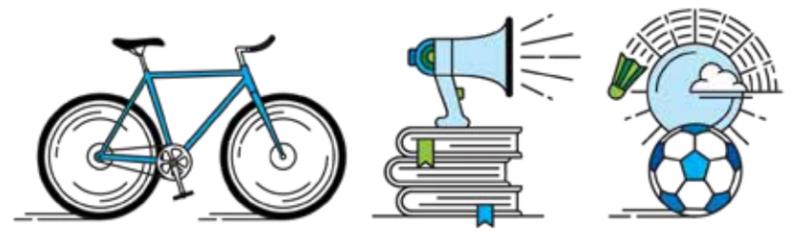


Now in its tenth year, the 2020 Atlanta BeltLine Run.Walk.Go! Race Series is the ideal way to explore different trail segments while enjoying some fresh air and exercise. See what's new, support the Atlanta BeltLine Partnership, grab a free t-shirt and burn a few calories — runners, walkers, strollers and dogs all welcome!

bike. skate. tone. go.
 sweat. groove. hike.
 walk. yoga.
 learn. stretch. run.
 rest. repeat.

MARCH TO JUNE
2020
CLASSES

RSVP + LEARN MORE
BELTLINE.ORG/FITNESS



THANKS TO OUR SPONSORS!

PRESENTING



PLATINUM KAISER PERMANENTE®
 SILVER
 PROGRAM PARTNERS INCLUDE:



PONCE CITY MARKET
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 1G!

Georgia State University COLLEGE OF EDUCATION
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walk

CLASS	DESCRIPTION	WHEN	WHERE
Eastside Arboretum Walking Tour <i>Led by Trees Atlanta</i>	1.5 hour tour highlighting horticultural features of the Eastside Trail.	March, April, & May (Fridays): 10 am-11:30am June (Fridays): 9 am-10:30am	1st & 4th Friday tours start at Parish Brasserie. E1 2nd Friday tours start at Ponce City Market. E4 3rd Friday tours start at Muchacho. S1
Westside Arboretum Walking Tour <i>Led by Trees Atlanta</i>	1.5 hour tour highlighting horticultural features of the Westside Trail.	March, April, & May (Saturdays): 10 am-11:30am June: (Saturdays) 9 am-10:30am	Westside at Rose Circle Park W1
Tyke Hike <i>Led by Anne Marie Hoffman</i>	Tyke Hike provides outdoor experiences for little explorers (ages 2-5).	March 28: 9:30am	Orpheus Brewing E8

run

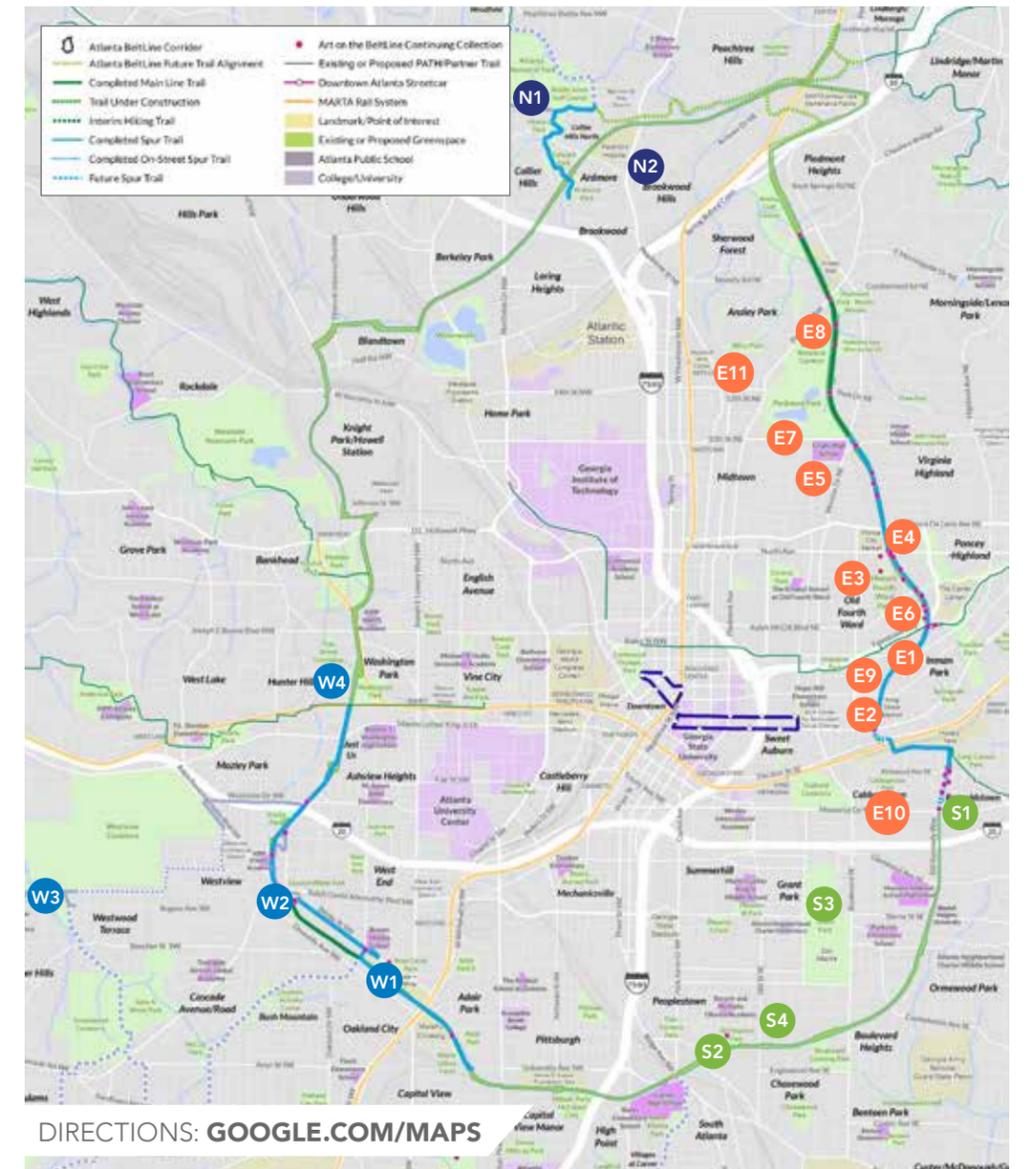
King of Pops Run Club <i>Led by King of Pops</i>	Join the KOP crowd on Tuesday nights for a free fun run along the Eastside Trail. Routes vary.	Tuesdays (April- June): 6:30 pm- 7:30 pm	King of Pops Window E9
Northside BeltLine parkrun <i>Led by parkrun</i>	Join the folks from parkrun for a timed 5k run/walk on the Northside Trail!	Saturdays: (March/April) 9 am Saturdays: (May/June) 8 am	Bitsy Grant Tennis Center N1
BeltLine Run Club <i>Led by ATL BeltLine Partnership & ATL Track Club</i>	Join the Atlanta BeltLine Partnership and Atlanta Track Club for a 2- or 4-mile fun run/walk on the Atlanta BeltLine followed by post-run socializing at a popular watering hole.	Thursdays, gather at 6:45 pm, run at 7 pm	1st Thursdays: New Realm Brewing E3 2nd Thursdays: Monday Night Garage or Lean Draft House W1 3rd Thursdays: Black Bear Tavern N2 4th Thursdays: Eventide Brewing S4

bike

Atlanta BeltLine Bike Tour <i>Led by the Atlanta BeltLine Partnership, Presented by Northside Hospital</i>	Learn about the past, present and future of the Atlanta BeltLine project from the seat of a bike! Rent from us or bring your own!	Saturdays (rotate Eastside, Westside, and Southside): 8:45am-12pm <i>Register at beltline.org/tours.</i>	Atlanta BeltLine Center (Eastside & Southside) E2 Gordon White Park (Westside) W2
How To Ride a Bike for Kids <i>Led by REI</i>	Enjoy a 2-hour introductory bike riding course for children	Saturday, March 28, Sunday, April 26, and Sunday, May 10: 10am-12pm & 1pm-3pm.	Lee + White Development W1

group

November Project ATL HIIT <i>Led by November Project ATL</i>	A combination of running, body weight moves and plyometrics will keep the heart rate high	Wednesdays: 6:27 am-7:15 am Fridays: 6:27 am-7:15 am	Weds: Eastside Trail over North Avenue E4 Fridays: Grady High School Stadium E5
FitWit Group Fitness Training <i>Led by FitWit</i>	60 minute group fitness workout	Saturdays: 8:30am-9:30am Saturdays: 9am-10 am	D.H. Stanton Park S2 Historic Fourth Ward Skate Park E6
Aerobics <i>Led by 10-AGAIN</i>	Energizing sixty-minute workout for all ages	Tuesdays: 6pm-7pm Thursdays: 6pm- 7pm	Historic Fourth Ward Park Amphitheater E3 SW Connector Trail (Beecher Hills Elementary) W3
Camp Gladiator <i>Led by Camp Gladiator</i>	Endurance, Strength, Agility, Interval and Metabolic training! Every class is different, very fun and community-centered.	Saturdays: 9:30am	Piedmont Park (Oak Hill) E7
Vinyasa Yoga <i>Led by Rtown/Ctown Yoga Club</i>	One hour long vinyasa flow style class	Saturdays (March 14-May): 9am-10am	Cabbagetown Park E10
BARRE 2-in-1 <i>Led by JB Puntafaya</i>	A unique, core sculpting and fat burning exercise class that fuses barre and cardio workouts.	3/5, 5/7, 6/4 - 6:30pm-7:30pm	Historic Fourth Ward Park Amphitheater E3
Namaste for Beer <i>Led by Dancing Dogs Yoga</i>	Raise Your Vibrations + Raise Your Libations	3/16, 4/20, 5/18, 6/15: 7pm-8pm	New Realm Brewing E3
Dancing Dogs Promenade Piedmont <i>Led by Dancing Dogs Yoga</i>	Come in, grab a spot, mingle with others and visit with Sprouts and the Conservancy.	3/23, 4/27, 5/25, 6/22: 7pm-8pm	Piedmont Park E7
Yoga on the Square <i>Led by Dancing Dogs Yoga</i>	Join Dancing Dogs Yoga at Colony Square in Midtown for a free community yoga class! Mingle with the midtown community, maybe even win some swag. Sponsored by Colony Square	5/6, 5/20, 6/1: 6pm-7pm	Colony Square E11
Washington Park Jamboree <i>In Partnership with Historic Washington Park Conservancy and the Office of City Councilmember Antonio Brown</i>	5th annual family festival with health and wellness activities and live jazz music by the Atlanta Jazz Festival Neighborhood Jazz Series	May 2: 3-8pm	Washington Park W4



DIRECTIONS: [GOOGLE.COM/MAPS](https://www.google.com/maps)



Check out the great **Free Bike Classes** from our friends at **Atlanta Bicycle Coalition!** Whether you're a true beginner, seeking greater confidence riding on city streets, hoping to increase your transportation options by getting around on Atlanta's bike share bikes, or want help navigating a commute on your own two wheels, ABC has a class for you.

Learn more at atlantabike.org/classes.

March to June 2020 CLASSES

FREE FITNESS



RSVP to save classes to your calendar and learn about any schedule changes and updates: beltline.org/fitsignup

Questions?
info@atlblp.org
(404) 446 4404
[@atlantabeltline](https://www.atlantabeltline.org)

Want to provide a free fitness class? Visit beltline.org/fitsignup and complete the form under "Lead a Free Fitness Class."

Dates and times subject to change. Please check beltline.org/fitness for any updates!