

# Johnson Ferry Spring Fitness

SPRING 2023 JAN. 3 – MAY 26

TOTAL-BODY FITNESS  
EVERYONE AGES 15+  
CERTIFIED INSTRUCTORS  
FREE CHILDCARE

Our goal at Johnson Ferry Fitness is give our community the opportunity to achieve total-body fitness in a safe, friendly, enriching environment. We offer a variety of classes for men and women of all ages and abilities. We have certified instructors and offer free childcare at our 9:45am classes. Our class cost per semester is \$95 and last 60 minutes. Visit [johnsonferry.org/adultfitness](http://johnsonferry.org/adultfitness) for more information and to register.

## MONDAY

TIME	CLASS	INSTRUCTOR	LOCATION
8:30-9:30am	Boot Camp	Jenny	105
8:30-9:30am	Cardio Strength & Conditioning	Pam	290
8:30-9:30am	Body Sculpt with Barre	Ansley	280
9:45-10:45am	Strength Training with Weights*	Kellie	280
9:45-10:45am	Power Body Sculpt*	Jackie	290
9:45-10:45am	Pilates*	Catherine	105
9:45-10:45am	Total Body Blast* <b>NEW</b>	Jenny/Carrie	ACN
11:15am-12:15pm	Senior Fitness Fun	Jackie	276/277
11:00am-12:00pm	Body Sculpt with Barre	Catherine	280
11:00am-12:00pm	HIIT 2.0	Brian	290
6:30-7:30pm	Power Body Sculpt	Jackie	290

Cost per class: \$95

\* Free Childcare

## TUESDAY

TIME	CLASS	INSTRUCTOR	LOCATION
7:00-8:00am	HIIT	Jenny	290
8:30-9:30am	Boot Camp	Laney	280
8:30-9:30am	Strength Training with Weights	Jenny	290
9:45-10:45am	Cardio Aerobics*	Carrie	105
9:45-10:45am	Power Body Sculpt*	Jackie	290
9:45-10:45am	Boot Camp*	Laney	280
9:45-10:45am	Muscle Tone and Development*	Kellie	276
6:00-7:00pm	Strength Training with Weights	Ansley	290

Register at [johnsonferry.org/adultfitness](http://johnsonferry.org/adultfitness)



## WEDNESDAY

TIME	CLASS	INSTRUCTOR	LOCATION
8:30-9:30am	Body Sculpt with Barre	Linda	280
8:30-9:30am	Cardio Strength & Conditioning	Pam	290
8:30-9:30am	Strength Training with Weights	Amia	105
9:45-10:45am	Balanced Body*	Catherine	280
9:45-10:45am	Aerobics Tone*	Carrie	105
9:45-10:45am	20/20/20*	Linda	290
11:00am-12:00pm	Pilates	Jackie	290
11:30am-12:30pm	Cardio Kickboxing	Linda	280
6:00-7:00pm	Pilates	Jackie	290

Cost per class: \$95

\* Free Childcare

## THURSDAY

TIME	CLASS	INSTRUCTOR	LOCATION
7:00-8:00am	HIIT	Jenny	290
8:30-9:30am	Muscle Tone & Development	Pam	105
8:30-9:30am	Body Sculpt with Barre	Linda	280
8:30-9:30am	Strength Training with Weights	Jenny	290
9:45-10:45am	Boot Camp*	Laney	290
9:45-10:45am	Cardio Aerobics*	Carrie	105
9:45-10:45am	Strength and Stretch*	Linda	280
11:15am-12:15pm	Senior Fitness Fun	Jackie	276/277

## FRIDAY

TIME	CLASS	INSTRUCTOR	LOCATION
8:30-9:30am	Cardio Strength & Conditioning	Pam	290
8:30-9:30am	Body Sculpt with Barre	Amia	280
9:45-10:45am	Cardio Dance Fusion*	Amia	105
9:45-10:45am	Total Body Weight Training*	Laney	280
9:45-10:45am	Power Body Sculpt*	Jackie	290
11:00-12:00pm	Senior Fitness Fun	Linda	276/277
12:15-1:15pm	Cardio Kickboxing	Linda	280



# Spring Information

JANUARY 3 – MAY 26

## IMPORTANT SPRING SEMESTER DATES:

- Childcare begins Monday, January 9 ends Friday, May 19
- No childcare Monday, January 16 (MLK Holiday)
- No classes February 20-24 (Cobb County Schools Winter Break)
- No classes April 3-7 (Cobb County Schools Spring Break)
- No classes April 7 (Good Friday)
- No childcare May 22-26

## PRORATED SCHEDULE

We prorate our class prices and discount twice a semester to accommodate participants who join our Fitness program later in the session.

- On February 13 class prices will decrease by 33% by using discount code ~ first
- On March 27 class prices will decrease by another 33% by using discount code ~ last

## SENIOR DISCOUNT

Enter **IAMOVERSIXTY** in discount code field for a *15% discount*

## REFERRAL PROGRAM

JF Fitness is thrilled to offer a referral reward system for our participants. We want to reach and share the program with friends and family in our church and community! If you are a current participant and refer someone to JF Fitness who has not participated in Johnson Ferry Fitness before and registers for a class, then we have a gift for you.

- 1 Referral = Receive 1 free class for an entire upcoming semester
- 3 Referrals = Receive 2 free classes for an entire upcoming semester
- 5 Referrals = Receive 3 free classes for an entire upcoming semester

To receive your gift, please have the referred participant list your full name in the referral box during registration. We will then work with you to provide your referral incentive.

## CLASS REFUND POLICY

- A full refund is provided if a class is cancelled for the semester by JF Fitness and the participant chooses not to move to another class.
- Refunds are only given for health or injury-related occurrences. In this case:
  - An administrative fee of \$15 will be applied to the refund amount.
  - Refund amounts are pro-rated from the date of the request.
- Refunds are not given when an individual class is cancelled during the semester due to room availability, weather or other reason. If a class is cancelled due to room availability, we typically allow participants to attend another class of their choice.
- Refunds are not given due to scheduling conflicts of participants.



## REGISTRATION GUIDELINES

- Register as soon as possible – some classes fill to capacity
- No waitlists are established
- JF Fitness reserves the right to cancel classes based on registration levels. If your class is cancelled, you will be notified and you may select another class if not at capacity.

## MULTI-CLASS DISCOUNT OPTIONS

**3 Class Pack for \$22 OFF | 4 Class Pack for \$36 OFF | 5 Class Pack for \$50 OFF**

*To insure you receive the multi-class discount, check the appropriate box representing the number of classes when you register.*

## CLASS "MAKE-UP" POLICY

Make-up classes cannot be accommodated for several reasons:

- Pricing model is based on registration for a particular class, not a monthly membership fee model which would allow for any-class, any-time approach.
- Participants are on the class roster for the particular class for which they registered, allowing the instructors to become familiar with individuals within the class.
- Many classes are at capacity and cannot accommodate additional participants.

## INCLEMENT WEATHER POLICY

Check our social media channel first and hotline second. If weather is an issue at any point in the semester, we will update these forms of communication if needed at least an hour before each class.

 Johnson Ferry Sports    johnsonferryfitness    678-784-5317 ext. 2. (message will address schedule)

**Important:** If there is no update regarding classes on the social media feed or on the phone message, classes WILL be held. Information is only updated if classes are cancelled. Please note, we will NOT automatically cancel fitness classes because Cobb County schools close. However, please remember, if Cobb County schools are canceled, there will be no childcare for any classes.

## PRESCHOOL POWER HOUR

Childcare is provided by Johnson Ferry as a courtesy to JF Fitness participants. We are dedicated to a safe and secure learning environment, including maintaining a safe teacher-to-child ratio. Our goal is to care for every child and their physical, mental, social, and spiritual needs. Each day will include crafts, playground, snack time, and age-appropriate lessons. Our teachers receive ongoing training throughout the year and are CPR Certified, and Safe Harbor approved.

TIME (M-F)	CLASS	AGE	LOCATION
9:45-10:45am	Preschool Power Hour	8 weeks - 5 years	1st Floor Preschool

### *Important Reminders:*

An asterisk (\*) by class name on the Class Schedule denotes childcare is available. Childcare registration must occur at time of Fitness Class registration. Your child must be registered 7 days prior to attending your first class. If your child is unable to attend Childcare on any given day, please call 678-784-5370 to cancel your childcare reservation. Remember: Childcare employs staff based on the total reservations for any given day. Always call (even on the same day) to cancel your reservation for childcare.



# Class Descriptions

## **20/20/20 – Intensity 2-3**

This class is a 60 minute group fitness class consisting of three different classes in one. Classes will consist of various forms of cardio, strength and flexibility exercises, and muscle conditioning. This class is for those who want to challenge and improve their athletic abilities. A typical class may consist of 20 minutes of boot camp drills, 20 minutes of strength training using weights and the Bosu, and 20 minutes of core work and stretching exercises.

## **Aerobics Tone – Intensity 2-3**

Take your cardio workout to a different level! Enjoy a new music playlist each week, while burning fat/calories and toning lower and upper body muscles. This class features cardio movements and various toning exercises, using a mixture of light to medium pound weights for the entire workout. This class targets the entire body. Lower and higher impact options will be shown when applicable, but any movement can easily be modified and weights omitted if desired.

## **Balanced Body – Intensity 1-2**

This class will focus on static stretches for the entire body to improve circulation, flexibility, range of motion, and reduce stress thereby improving relaxation. This class combines the muscle-sculpting and core-building of Pilates with strength and flexibility exercises. This class will use no equipment but will provide a full-body workout through targeted stretching of all muscle groups.

## **Body Sculpt with Barre – Intensity 2**

Emphasizing fluid movement combined with strength training, this class focuses on core strength, lengthening, toning, and flexibility by primarily utilizing the ballet barre. Light weights and other equipment may also be used to improve balance, strengthen your core and lengthen and tone your muscles.

## **Boot Camp – Intensity 3**

A full-body workout incorporating fat burning, muscle toning, and strengthening exercises in a time/repetition format. This is training for greater endurance, which will increase aerobic capacity. A variety of equipment will be used each week.

## **Cardio Aerobics – Intensity 2**

Enjoy a new hand selected playlist each week as you get your arms, legs and body moving! This high energy class features cardio movements to burn fat/calories, along with a few toning movements to strengthen/shape muscles of the lower body. Both Low Impact and High Impact options will be shown when applicable. This class targets the full body. No weights or equipment will be used in this class.

## **Cardio Dance Fusion – Intensity 2-3**

Energize your body and muscles with a mixture of aerobic, anaerobic, and various body weight toning exercises. The goal of this class is to burn fat/calories, increase cardiovascular endurance, and define/tone muscle using the body and drumsticks. Note: Everything in this class can easily be scaled down or modified to fit an individual's preference.

## **Cardio Strength & Conditioning – Intensity 2**

This class focuses on aerobic/cardio strength and full-body conditioning by utilizing the step, bar, hand weights, ball, and other equipment to develop strength and endurance, enhance agility, and challenge your balance.

## **Cardio Kickboxing – Intensity 3**

Combining kickboxing techniques and heart-pumping cardio, kickboxing cardio circuit training is a high-energy workout that is guaranteed to burn calories and ramp up your metabolism. Participants will develop muscular strength and definition, aerobic fitness, flexibility and coordination, and never get bored! This fast-paced, challenging class involves exercising all major muscle groups using punching bags, jump ropes, BOSUS, and weights by cycling through different stations in order to give you an efficient and effective full body workout.

## **HIIT – High Intensity Interval Training – Intensity 3**

HIIT is an enhanced form of interval training that challenges your fitness capacity in a high-energy, high-impact sequencing format that pushes your cardiovascular limits. This exercise strategy alternates periods of short (20 seconds) intense aerobic exercise with less-intense recovery periods (10 seconds), performed in 8 rounds or segments. These short, intense tabata-style intervals provide improved athletic capacity and conditioning, improved metabolic rate, and improved fat burning capacity. High impact, full body exercises will be performed and all types of equipment will be used and will vary weekly.

## **HIIT 2.0 – High Intensity Interval Training – Intensity 3**

This high energy cardio class is a mixture of bodyweight, and weighted movements accomplished in an interval approach. This method gets the heart rate up and challenges cardiovascular limits. Come prepared to increase your metabolism, strengthen your cardiovascular capacity and build and define muscle. High impact, full body exercises will be performed and all types of equipment will be used. Format will vary weekly.

## **Muscle Tone & Development – Intensity 1-2**

A targeted and effective full-body workout that creates a leaner and more toned body by engaging all muscle groups. This class has no high impact or cardio, but instead focuses on improving muscle strength and definition through floor exercises, isometric exercises, and body weight exercises. Equipment used includes stability balls, resistance bands, floor discs, and light hand weights.

## **Pilates – Intensity 1-2**

An exercise technique focused on the art of controlled movements, which improves flexibility, builds strength and develops control and endurance in the whole body. Additionally, this approach to exercise puts emphasis on alignment, breathing, developing a strong core, and improving coordination and balance.

## **Power Body Sculpt – Intensity 2-3**

This class is a unique combination of core training, cardio training, and weight training. Various weights are used while performing low impact aerobic conditioning moves to improve endurance and aerobic capacity. The class targets every muscle group in the body to help you look great and feel your best. If you enjoy weight training and cardio conditioning, this is the class for you.

## **Senior Fitness Fun – Intensity 1**

Exercise is the key to staying strong, energetic, and healthy as you get older – it can be fun too! Reaping the rewards of exercise doesn't require strenuous workouts. It's about adding more movement and activity to your life, even in small ways. This class is designed for the senior adult who wants to gain mobility, balance, and strength through low impact movements and lightweight and resistance exercises. This class will introduce functional exercises that will help make day-to-day activities easier while improving overall fitness level and muscle tone. Exercises will be performed in a seated and standing position and focus on improving balance, endurance, muscle strength, and flexibility. Equipment used will include chairs, light hand weights, small balls, and resistance bands. This is a COED class.

## **Strength & Stretch – Intensity 2**

This class has a two-in-one format that will combine lifting exercises with flexibility exercises to achieve overall increased fitness for all levels. Weights, bands, and BOSUs will be used to help increase power, strength, and balance used in everyday living as well as recreational activities. Straps and foam rollers will be used to aid in improving functional flexibility and increased range of motion and as well as injury prevention. No jumping or high cardio required.

## **Strength Training with Weights – Intensity 2-3**

This class is a weight training class designed to increase strength and build and define muscle. All forms of weights will be used.

## **Total Body Blast – Intensity 3 – \*\*\* NEW \*\*\***

This class utilizes a team-teaching approach to facilitate a high intensity, high impact workout that includes: cardio exercises, body weight exercises, circuit training, team/partner activities, endurance and resistance training. A variety of equipment will be used in this class, but no weights will be used. Anything can easily be modified and low impact options will be shown when applicable. We encourage participants of all fitness levels to sign up! Registration is unlimited for this class as it will be held in the gym. Bring a friend!

## **Total Body Weight Training (TBWT) – Intensity 2-3**

Get stronger without picking up a weight! Take a break from cardio and concentrate on improving your strength. This class will define muscles through a mix of body weight exercises that increase both muscle strength and endurance. Push yourself to do all the repetitions to get the full effect. No equipment will be used.

Intensity 1 - Low Impact/Intensity

Intensity 2 - Variable Impact/Intensity

Intensity 3 - Medium to High Impact/Intensity

\*\*\*THE SPORTS AND FITNESS MINISTRY RESERVES THE RIGHT TO DISCONTINUE ANY FITNESS OR CHILDCARE CLASS (WITH NOTICE) BASED ON ATTENDANCE\*\*\*