

Johnson Ferry Fitness

Summer 2025

Tuesday, May 27 - Friday, August 1

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

Our goal is to achieve excellence in fitness by offering a variety of options to achieve total-body fitness in a safe, friendly, enriching environment for men and women. Classes are designed for ages fifteen and older, but a fourteen-year-old can attend with a parent in the same class.

We offer a variety of classes for men and women of all ages and abilities! Certified instructors teach all classes. Free preschool childcare is provided for many of our classes.

MONDAY

TIME	CLASS	INSTRUCTOR	LOCATION
8:30-9:30 am	Cardio Strength & Conditioning	Pam	290
8:30-9:30 am	Strength Training with Weights	Carrie	105
9:45-10:45 am	Strength Training with Weights*	Carrie	290
9:45-10:45 am	Pilates Fusion*	Catherine	105
11 am-12 pm	Body Sculpt with Barre	Catherine	280

TUESDAY

TIME	CLASS	INSTRUCTOR	LOCATION
8:30-9:30 am	Strength Training with Weights	Carrie	290
9:45-10:45 am	Cardio + Tone with Weights*	Carrie	105
11 am-12 pm	Stretch!	Catherine	290
6-7 pm	Strength Training with Weights	Ansley	290

Cost Per Class: \$45
*Denotes FREE CHILDCARE

WEDNESDAY

TIME	CLASS	INSTRUCTOR	LOCATION
8:30-9:30 am	Body Sculpt with Barre	Linda/Catherine	280
8:30-9:30 am	Cardio Strength & Conditioning	Pam	290
8:30-9:30 am	Strength Training with Weights	Carrie	105
9:45-10:45 am	Balanced Body*	Catherine	290
9:45-10:45 am	Full Body Tone*	Carrie	105

THURSDAY

TIME	CLASS	INSTRUCTOR	LOCATION
8:30-9:30 am	Body Sculpt with Barre	Linda/Catherine	280
8:30-9:30 am	Strength Training with Weights	Christine	290
9:45-10:45 am	Cardio + Tone with Weights*	Carrie	105
9:45-10:45 am	Strength & Stretch!*	Linda/Catherine	290
11:15 am-12:15 pm	Senior Fitness Fun	Linda/Catherine	276

FRIDAY

TIME	CLASS	INSTRUCTOR	LOCATION
8:30-9:30 am	Cardio Strength & Conditioning	Pam	290
8:30-9:30 am	Full Body Tone	Carrie	105
9:45-10:45 am	Strength Training with Weights*	Kellie	290

Cost Per Class: \$45
*Denotes FREE CHILDCARE

Preschool Power Hour

Not Your Ordinary Childcare

- Childcare is free and provided through Johnson Ferry as a courtesy to JF Fitness participants
- For children 8 weeks through completed 3rd grade
- All classes Monday through Friday from 9:45 to 10:45 am
- Safe and secure learning environment
- Focus on the whole child and their needs—physical, mental, social, and spiritual
- Employed teachers who receive ongoing training throughout the year.
- All teachers are CPR Certified and Safe Harbor Approved
- Safe teacher-to-child ratios
- Children receive age-appropriate lessons, crafts, playground, and snack time

Important Reminders:

An asterisk (*) by class name on the Class Schedule denotes CHILDCARE 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 **678-783-5470** 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.

Summer Information

Tuesday, May 27 through Friday, August 1

Important Dates

- Childcare begins Tuesday, May 27 and ends Friday, July 25
- No Childcare available during VBS (June 23-27)
- No Senior Fitness Fun June 26
- No classes or Childcare on July 4
- No Childcare on Tuesday, July 15
- No Childcare Monday, July 28 through Friday, August 1

Senior Discount

Enter IAMOVERSIXTY in discount code field for a \$25 discount. Do NOT copy/paste the discount.
Type in the words, all uppercase letters with no spaces.

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 subtracted from the refund amount.
 - Refund amounts are prorated 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 any other reason. If a class is cancelled due to room availability, we typically allow participants to attend another class of their choice

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 minimums. If your class is cancelled, you will be notified and you may select another class if not at capacity.

Class “Makeup” Policy

Makeup 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 an any-class, any-time approach.
- Participants are on the class roster for the particular class for which they are 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 channels first and the hotline second. If weather is an issue at any point in the semester, we will update these forms of communication at least an hour before class time(s). If nothing is posted, assume everything will occur as scheduled.

Facebook: Johnson Ferry Sports | Instagram: @jfsportsandfitness | 678-784-5317 ext 2

Class Descriptions

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.

Cardio + Tone with Weights—Intensity 2-3

This class features cardio and toning movements while using various sizes of weights. The goal of this class is: to strengthen the heart & lungs, increase cardiovascular endurance, burn fat & calories and tone arms & lower body muscles. Both low impact and high impact options will be shown to accommodate all fitness levels. This class targets the full body. Weights can easily be omitted if needed.

Cardio Strength & Conditioning—Intensity 2

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

Full Body Tone—Intensity 2-3

Enjoy a new playlist each week while performing various toning exercises performed while standing and on the floor. This class targets arms, legs, abs, buttocks and inner thighs. The goal of this class is to achieve: muscular definition/shape, core strengthening, leanness and improve flexibility and balance. This a non-cardio class. Small to medium weights and a mat will be used. Weights can easily be omitted.

Pilates Fusion—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. This class format is designed to offer both a traditional approach to Pilates and a mix of other exercises designed to accomplish the same objective.

Class Descriptions

Senior Fitness—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 does not require strenuous workouts. It is 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.

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 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. Format of class may vary by instructor, but weights will always be used.

Stretch!—Intensity 1-2

This stretching class will blend the strengthening of muscles with stretches to improve balance, mobility, flexibility, and strength. All with stress busting benefits as well. The class will begin with a warmup of stretches followed by progressive stretching throughout the class. Special focus will be given to body alignment to enhance the overall muscle benefits. This class will build strength and flexibility to perform the skills that seem just out of reach! Floor work is a part of this class. All forms of equipment to enhance stretching effectiveness may be used. This includes mats, blocks, straps, balls, etc.

Intensity 1 - Low Impact/Intensity*

Intensity 2 - Variable Impact/Intensity

Intensity 3 - Medium to high Impact/Intensity

Sports and Fitness reserves the right to discontinue any fitness or childcare class (with notice) based on attendance.