

First Quarter Schedule

From January – March, 2014

Get Fit on the Atlanta BeltLine

With Free Classes at Atlanta's Newest Parks & Trails



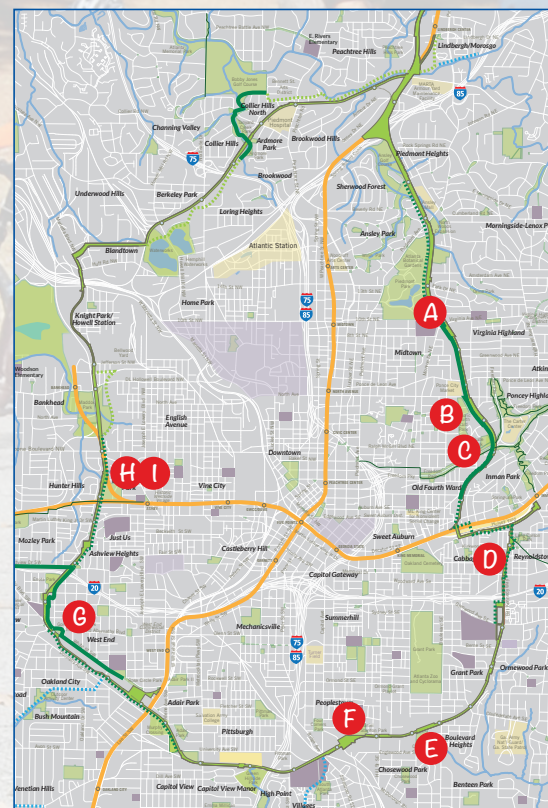
Classes run from January 21st through March 31st and are weekly except where specific dates are noted. Sign up for the classes below at beltline.org/fitsignup or call 404-446-4410

Program	Dates	Time	Location
Aerobics: Energizing sixty-minute workout for all ages	Tuesdays Saturdays	6 PM 10 AM	B - Historic 4th Ward Park (Lake) F - D. H. Stanton Park
Nutrition Walk: One-hour walk with a certified dietician to learn about healthy eating while you exercise.	Tuesdays Wednesdays Thursdays	9 AM 5:30 PM 7:30 AM	D - Eastside Trail Extension (H. Harper Station) A - Eastside Trail (Park Tavern Parking Lot) H - Washington Park (Tennis Center)
Introduction to FitWit: Sixty-minute boot camp style workout.	Saturdays	9 AM	G - Gordon White Park
Basic Mountain Biking: Two-hour off-road biking class for beginners along the Westside Trail	Sunday, Jan. 26 Sunday, Feb. 23 Saturday, Mar. 29	10 AM 10 AM 10 AM	G - Gordon White Park G - Gordon White Park G - Gordon White Park
Trail Yoga: One-hour combination of hiking/jogging and yoga.	Sundays Mondays	1 PM 5:30 PM	G - Washington Park (Tennis Center) A - Piedmont Park (Park Tavern Parking Lot)
How to Ride a Bike for Adults: Four-hour introductory bike riding course for adults.	Sunday, Feb. 2 Sunday, Mar. 2	2 PM 2 PM	I - Washington Park (Natatorium) I - Washington Park (Natatorium)
Sunrise/Sunset Hike: See beautiful vistas on the Eastside and Westside during a casual two-hour hike.	Monday, Feb. 3 Friday, Feb. 7 Monday, Mar. 3 Friday, Mar. 7	6:30 AM 5:30 PM 6:30 AM 5:30 PM	C - Historic 4th Ward Skatepark H - Westside Trail (Washington Park) C - Historic 4th Ward Skatepark H - Westside Trail (Washington Park)
Run Club: Group runs ranging from 2-4 miles.	Thursday, Feb. 6 Thursday, Mar. 6	6:30 PM 6:30 PM	A - Eastside Trail (Park Tavern Parking Lot) A - Eastside Trail (Park Tavern Parking Lot)
How to Ride a Bike for Kids: Two-hour introductory bike riding course for children.	Sunday, Feb. 9 Sunday, Mar. 9	2 PM 2 PM	I - Washington Park (Natatorium) I - Washington Park (Natatorium)
Street Cup: Youth soccer tournament accommodates all skill levels and promotes character development.	Saturday, Feb. 22	10 AM - 2 PM	C - Historic 4th Ward Skatepark
Play Day!: Kids of all ages can play dozens of different sports – no experience required.	Sunday, Mar. 20	1 PM - 5 PM	E - Boulevard Crossing Park

For additional information, please call 404-446-4410 or email Info@AtBeltLinePartnership.org

Get Connected at BeltLine.org

Grab your neighbors and get out to the Atlanta BeltLine for some exciting, FREE classes at Atlanta's hottest new parks and trails! There's something for everyone, so if this is your first class or your 50th, don't miss out on this fun new way to enjoy time with your community.



- A** Piedmont Park (Park Tavern)
500 10th St., NE
Atlanta, GA 30309
- B** Historic 4th Ward Park
680 Dallas St. NE
Atlanta, GA 30308
- C** Historic 4th Ward Skatepark
830 Willoughby Way NE
Atlanta, GA 30312
- D** Eastside Trail Extension
(H. Harper Station)
904 Memorial Dr SE
Atlanta, GA 30316
- E** Boulevard Crossing Park
500 Englewood Ave. SE
Atlanta, GA 30315
- F** D.H. Stanton Park
500 Englewood Ave. SE
Atlanta, GA 30315
- G** Gordon White Park
1350 Ralph David
Abernathy Blvd. SW
Atlanta, GA 30310
- H** Washington Park
(Tennis Center)
1125 Lena St. NW
Atlanta, GA 30314
- I** Washington Park (Natatorium)
102 Ollie St. NW
Atlanta, GA 30314

Programs provided through the cooperation of:

Funding provided by:

