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

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

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

Get Connected at BeltLine.org