

# Johnson Ferry Fall Fitness

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

FALL 2023 JULY 31 – DEC. 22

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 women and men. 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
8:30-9:30am	Boot Camp	Brian	105
8:30-9:30am	Cardio Strength & Conditioning	Pam	290
8:30-9:30am	Body Sculpt with Barre	Ansley/Christine	280
9:45-10:45am	Strength Training with Weights*	Brian	280
9:45-10:45am	Power Body Sculpt*	Jackie	290
9:45-10:45am	Pilates*	Catherine	105
9:45-10:45am	Total Body Fitness*	Carrie	ACN
11:15-12:15pm	Senior Fitness Fun	Jackie	276/277
11:00-12:00pm	Body Sculpt with Barre	Catherine	280
11:00-12:00pm	HIIT	Brian	290
6:30-7:30pm	Power Body Sculpt	Jackie	290

Cost per class: \$95  
\* Free Childcare

## TUESDAY

TIME	CLASS	INSTRUCTOR	LOCATION
8:30-9:30am	Boot Camp	Laney	280
8:30-9:30am	Strength Training with Weights	Carrie	290
9:45-10:45am	Cardio Aerobics*	Carrie	105
9:45-10:45am	Pilates*	Jackie	290
9:45-10:45am	Boot Camp*	Stephanie	280
9:45-10:45am	Muscle Tone & Development*	Laney	276
11:00-12:00pm	Stretch!	Catherine	290
6:00-7:00pm	Strength Training with Weights	Ansley	290



WEDNESDAY

Cost per class: \$95

\* Free Childcare

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	Carrie	105
9:45-10:45am	Balanced Body*	Catherine	280
9:45-10:45am	Full Body 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

THURSDAY

TIME	CLASS	INSTRUCTOR	LOCATION
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	Christine	290
9:45-10:45am	Boot Camp*	Laney	290
9:45-10:45am	Aerobics Tone*	Carrie	105
9:45-10:45am	Strength & Stretch*	Linda	280
11:00-12:00pm	Circuit Training	Stephanie	290
11:00-12:00pm	Balanced Body	Christine	280
11:15-12:15pm	Senior Fitness Fun	Jackie	276/277
7:15-8:15pm	Strength Training with Weights	Brian	290

FRIDAY

TIME	CLASS	INSTRUCTOR	LOCATION
8:30-9:30am	Cardio Strength & Conditioning	Pam	290
8:30-9:30am	Full Body Tone	Carrie	280
9:45-10:45am	Cardio Dance Fusion*	Linda	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
11:00-12:00pm	Pilates	Jackie	290
12:15-1:15pm	Cardio Kickboxing	Linda	280



# Preschool Power Hour

NOT YOUR ORDINARY FITNESS CHILDCARE

- Childcare is free and provided by Johnson Ferry as a courtesy to JF Fitness participants
- For children 8 weeks old through 5 years – Monday through Friday at 9:45
- 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 678-784-5370 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.

# Fall Information

JULY 31 – DECEMBER 22

## IMPORTANT FALL SEMESTER DATES:

- Childcare begins Monday, August 7 and ends Friday, December 15
- No classes Monday, September 4 - Labor Day
- No childcare Monday-Friday, September 25-29 - Cobb County Schools Fall Break
- No childcare Tuesday, November 7
- No childcare Monday - Friday, November 20-24 - Thanksgiving Week
- No classes Wednesday night, November 22
- No classes Thursday and Friday, November 23-24 - Thanksgiving Holiday

## 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 September 9, class prices will decrease by 33% by using discount code ~ first
- On October 30, 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 cancelled, 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 – Intensify 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.

## **Circuit Training – Intensity 2-3**

Circuit training is a full-body conditioning workout that can help improve strength, aerobic fitness, coordination, and core training. It targets strength building and muscular endurance while incorporating cardiovascular exercise. Exercises in the repeated circuit vary and focus on a particular function. Each exercise is performed one after another with short rests between exercises. This is a fun way to get a challenging workout with a mix of formats! All types of equipment will be used and vary weekly.

## **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.

## **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.

## **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.

## **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 warm-up 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.



## **Total Body Fitness – Intensity 2- 3**

This class features a variety of workouts rolled into one. First, we kick it off with some cardio to get our blood flowing and heart rate pumping. Next, we will focus on our arms with 5lb and 8lb weights. Then, we will work on strengthening and toning the lower body, followed by targeting our core and abs. We will end with a cardio blast which varies each week and includes: cardio conditioning drills, circuit training, obstacle courses, anaerobic and aerobic exercises, and individual/group activities. This class targets the full body. Both low Impact and high Impact options will be shown when applicable. Participants can go at their own pace and modify if needed.

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

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\*\*\*