



FALL 2026

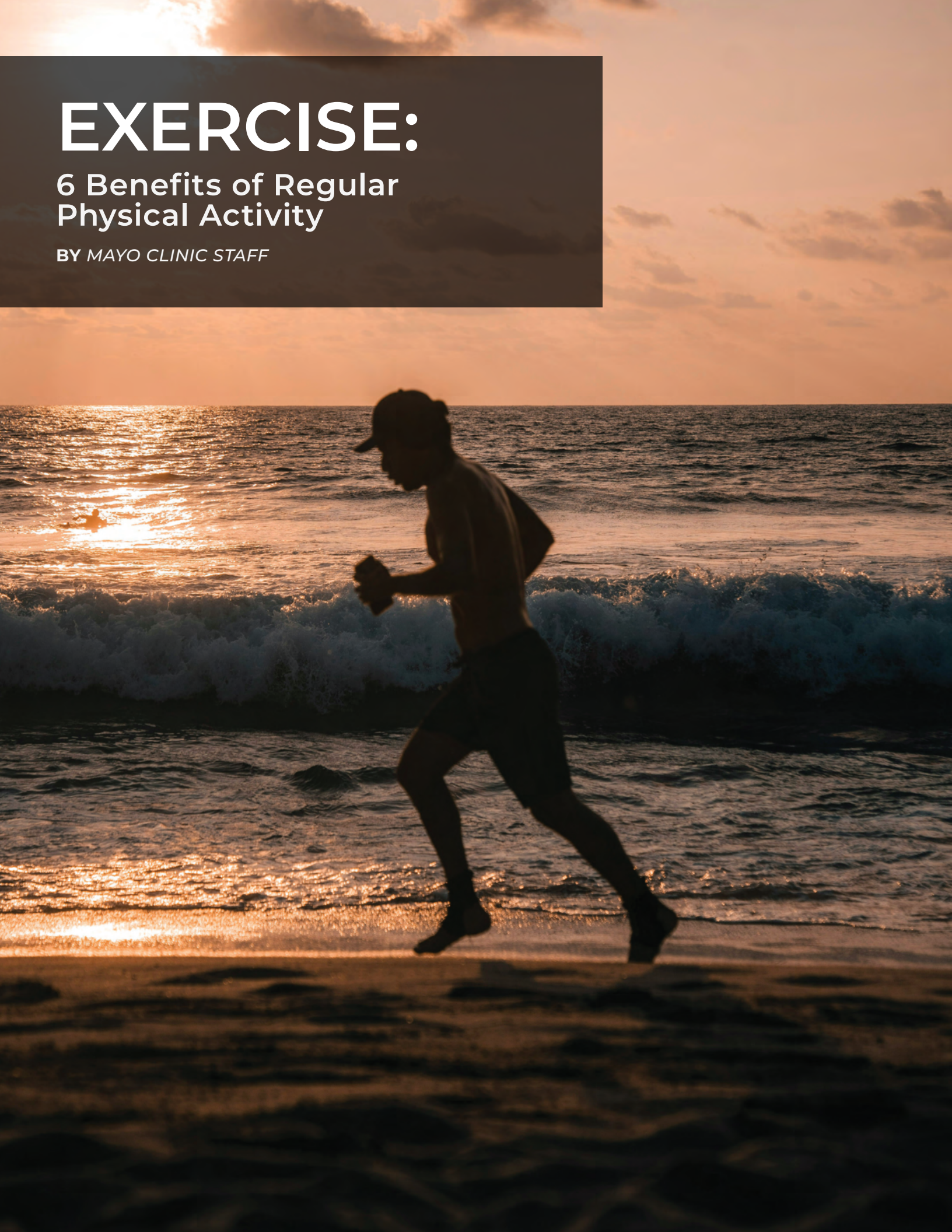


PEACHTREEGYM.COM

EXERCISE:

6 Benefits of Regular Physical Activity

BY MAYO CLINIC STAFF



Want to feel better, have more energy and even add years to your life? Just exercise.

The health benefits of regular exercise and physical activity are hard to ignore. Everyone benefits from exercise, no matter their age, sex or physical ability.

Six ways that exercise can lead to a happier, healthier you.

1. EXERCISE CONTROLS WEIGHT

Exercise can help prevent excess weight gain or help you keep off lost weight.

Regular trips to the gym are great, but don't worry if you can't exercise every day. Any amount of activity is better than none. To gain the benefits of exercise, just get more active throughout your day. Consistency is key.

2. EXERCISE COMBATS HEALTH CONDITIONS AND DISEASES

Regular exercise helps prevent or manage many health problems and concerns, including: stroke, metabolic syndrome, high blood pressure, type 2 diabetes, depression, anxiety, many types of cancer, arthritis and falls.

It also can help improve cognitive function and helps lower the risk of death from all causes.

3. EXERCISE IMPROVES MOOD

Need an emotional lift? Or need to lower stress after a stressful day? A gym session or brisk walk can help. Physical activity stimulates many brain chemicals that may leave you feeling happier, more relaxed and less anxious.

4. EXERCISE BOOSTS ENERGY

Regular physical activity can improve your muscle strength and boost your endurance.

Exercise sends oxygen and nutrients to your tissues and helps your cardiovascular system work more efficiently. And when your heart and lung health improve, you have more energy to tackle daily chores.

5. EXERCISE PROMOTES BETTER SLEEP

Struggling to snooze? Regular physical activity can help you fall asleep faster, get better sleep and deepen your sleep.

6. EXERCISE CAN BE FUN—AND SOCIAL! EXERCISE TO FEEL BETTER AND HAVE FUN.

Exercise and physical activity can be fun. The gym is a great place to help you connect with folks in a safe, fun setting. Take a class. Peachtree Gym's fitness classes are a great way to find results-oriented physical activities you enjoy while making new friends.

Contact **Jan Smith** at **JSmith@PeachtreeChurch.com** or **404-842-2189**. Jan will introduce you to all the gym has to offer as well as the different membership options we have. **Mention this brochure to receive a 1-week FREE pass. Experience the Gym where we think you'll fit in.**

The U.S. Department of Health and Human Services recommends these exercise guidelines:

Aerobic activity. Get at least 150 minutes of moderate aerobic activity, or get at least 75 minutes of vigorous aerobic activity a week. You can also get an equal combination of moderate and vigorous activity. Aim to spread this exercise over a few days or more in a week. If you want to lose weight, keep off lost weight, or meet specific fitness goals, you may need to exercise more.

Strength training. Do strength training exercises for all major muscle groups at least two times a week. One set of each exercise is enough for health and fitness benefits. Use a weight or resistance level heavy enough to tire your muscles after about 12 to 15 repetitions. You can do strength training by using weight machines or free weights.

Remember to check with a health care professional before starting a new exercise program, especially if you have any concerns about your fitness or haven't exercised for a long time.



➤ FITNESS

JAN SMITH

Sales & Marketing Director



404.842.2189



JSmith@PeachtreeChurch.com



Memberships

Public Welcome! | Competitive Rates | Monthly & Annual Memberships | Childcare Available
Men's & Women's Locker Rooms | Satisfaction Guaranteed | Corporate Rates are Available

Hours

Monday–Thursday | 6:00am–8:00pm

Friday | 6:00am–7:00pm

Saturday | 8:00am–4:00pm

Sunday | 1:00pm–5:00pm

Group Exercise Classes

We offer over 35 classes ranging from gentle to challenging included with your gym membership. Some are in person and some are virtual. Some are both in person and streamed virtually. See our current class schedule at PeachtreeGym.com

Basketball Courts

We have two full-sized basketball courts when available.

Cardio Weight Training Room

Cardio machines burn calories and help maintain weight loss:

- AMTs
- Arc Trainer
- Star Trac Treadmills
- Gauntlet StepMill
- Precor Ellipticals
- Seated Octane Elliptical
- Precor Recumbent Bikes
- Upright Bikes
- Concept II Rower
- HIIT Stairmaster Bike
- **NEW! TRUE Elliptical**

Strength Equipment

Workouts build lean muscle mass and strengthen bones:

- **NEW! Nautilus Inspiration and Nautilus Impact Weight Equipment**
- Free Weights and Plate-Loaded Equipment
- Powder Coat Kettle Bells
- Nautilus Glute Drive

Track

Our indoor, extra-wide track has newly installed flooring. The extra-cushioned surface is easier on joints and it offers a great, safe place to walk or run.

Cardio Exercise

Barre / Strength / Yoga

Utilizing ballet and strength moves, this class is designed to increase both flexibility and tone. Class may include bands, light weights, and resistance balls.

Cardio Plus

Thirty-minute low impact aerobics PLUS thirty-minute muscle conditioning.

Cardio Core Strength

Complex functional exercises (arms and legs together) to use core strength to develop muscle strength and agility with cardio intervals.

Zumba

Easy-to-follow dance and fitness moves to create a dynamic cardio class. Can be an intense workout for beginners.

TBC: Total Body Conditioning

Cardio using steps or floor; strength and core conditioning; balance and flexibility training.

Cycle / Strength

Bursts of steady-state cardio using the stationary bike mixed with strength and core intervals using both bodyweight and free weights.

HIIT Burst

Rev up your metabolism and increase your strength through intervals of high intensity separated by complete rest or low intensity exercises. Progression and modification options are given for all fitness levels.

Reb3I Groove & Strength Combo

Start your morning to dance party style cardio combined with choreographed toning routines set to powerful music. Sculpt and build strength using body weight, minimal equipment and low impact/high repetitions.

Reb3I Groove

Reb3I Groove is dance party style cardio. Hard hitting choreography is fused with HIIT mechanics and powerful music, that is dedicated in routine, resulting in a fun boot camp style dance fitness class. It is great for all fitness levels. No dance experience needed.

Cycle 45

Cycle 45 is a high-intensity exercise on a stationary bike. It combines cardio and endurance in a 45-minute calorie-crunching session! Not only is it great for giving you all the cardiovascular gains, but it's great at toning muscles and increasing strength.

Strength & Flexibility Training

Body Pump

Strengthen your major muscles using plate-loaded barbells.

Core Strength

Complex functional exercises (arms and legs together) to use core strength to develop muscle strength and agility.

Pilates

Core work as designed by Joseph Pilates in the 1920s for dancers and now is for all of our benefit.

Turbo Pilates

Forty-five minutes packed with core combo moves, working abs, back, arms and legs using weights, a ball, the Pilates ring, and more.

Yoga

Basic Hatha yoga for the average person in varied formats.

Gentle Yoga

A fusion of Gentle and Yin yoga. This slow paced practice is suitable for all ages and experience levels.



Personal Trainers

Everyone gets a FREE orientation to the Cardio Weight Room with a personal trainer. Call any of our trainers to schedule an appointment.

Michael Beck* | 678.907.3539

Dickie Bilbro | 404.518.0909

Nick Fiorello | 470.654.1383

Taisto Pitkonen | 561.309.3847

*Michael Beck offers Neuromuscular Massage. It is deep tissue, trigger point massage to promote healing and can be done in the Cardio Weight Room while fully dressed.



GYMNASTICS & CHEER

ANDREA FISHER

Director of Gymnastics & Cheer

404.842.5803

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Fall 2026 Session

17 Weeks of Classes | August 17-December 19

No classes | Labor Day (September 7) | Indigenous Peoples Day (October 12) | Halloween, 3pm or later (October 31)
Thanksgiving Break (November 23-28)

Gymnastics Parent Performances

Dates to be announced soon. Late April/early May.

Prorated Rolling Admissions

Prorated rolling admissions starts September 7. Unlimited make-up classes are available through August 24 through December 19.

Location

All classes will be held in the Gymnastics Center on the North End of the Church. The Gymnastics Center shares an entrance with the nursery (The Nest) in the rear of the building near the nature playgrounds (located in Children's Worship Center).

Required Attire

Girls Gymnastics | Leotard, Bare Feet, Hair Up
(Micro Mini Bikers Accepted)

Boys | T-shirt and Cotton Shorts (No Buckles or Zippers)

Cheer & Tumbling | Fitted Shirt, Sports Bra, Shorts,
Cheer Shoes, Hair up

Pre-Gym Classes

\$391

Our Pre-Gym program places an emphasis on a fun and creative curriculum that is designed to ignite the imagination in each child while teaching children to follow a structured class. The classes serve as a physically appropriate introduction to skill progressive gymnastics and are designed to enhance body awareness, balance, coordination, core strength, self-confidence, and social interaction with others.

18 Months–3 Years

An interactive experience for parents and/or caregivers and children ages 18 months–3 years old, encompassing the exploration of body awareness, beginning strength, balance and movement skills, and social interaction with others.

* Parent participation is required.

Mon-Thu

9:00-9:45 | 10:00-10:45 | 11:00-11:45 | 4:00-4:45 | 5:00-5:45

Sat 10:00

2.5–4 Years

Mon-Thu

9:00-9:45 | 10:00-10:45 | 11:00-11:45 | 4:00-4:45 | 4:30-5:15
5:00-5:45

Sat 9:00

3–5 Years

Mon-Thu

9:00-9:45 | 10:00-10:45 | 11:00-11:45 | 3:00-3:45
3:30-4:15 | 4:00-4:45 | 4:30-5:15 | 5:00-5:45 | 5:30-6:15

Sat 9:00

Rec Prep | 4–6 Years

Mon-Thu

9:00-9:45 | 3:00-3:45 | 4:00-4:45

Sat 9:00

Toddler Time | 10 Months–5 Years

Toddler Time Open Play is a fun opportunity for young kids to experience gymnastics through free play. It is a beautiful opportunity for bonding and memory-making with parents and friends. Climb high on trapezoid mats, swing into the pit from the bars, bounce across the trampoline, roll down the inclines, and strike some balance poses on the beam.

* Parents are to stay with children at all times.

\$10 per Child | Select Weekdays | 11:00-12:00

MomCo Gymnastics

Ages 3–6

Children will enjoy an active morning of gymnastics, tumbling, games, obstacle activities, movement, and creative play while moms attend MomCo meetings. Participants will explore basic gymnastics skills on events such as bars, beam, vault, trampoline and floor in a fun, encouraging environment designed for young children.

Children should bring a snack, lunch, and athletic shoes.

Required Attire: Leotard or comfortable play clothes suitable for movement. Avoid buttons/zippers. Long hair should be pulled back.

Please note: Makeup classes are not available for absences, cancellations, or no-shows.

\$210–Fall Session

\$32–Daily Drop-In

Sept 8 | Sept 22 | Oct 6 | Oct 20 | Nov 3 | Nov 17 | Dec 8

PPC Preschool

Sept 8–Dec 18

Coaches from the gymnastics department will pick children up from Peachtree Presbyterian Preschool and walk them over to the Gymnastics Center at noon. They will change clothes and eat lunch in the Gymnastics Center classrooms. They will then have a 45-minute gymnastics class.

Pick-up is in the Gymnastics Center lobby at 1:30/2:30pm. Arrive at 1:25/2:25pm. Pick-ups after 1:30/2:30pm are subject to a late pick-up fee. Please send your student with a change of clothes, leotard, and lunch.

Gymnastics Lunch Bunch | Co-Ed Ages 3–6

Pick-up is in the Gymnastics Center lobby at 1:30pm. Arrive at 1:25pm. Pick-ups after 1:30pm are subject to a late pick-up fee.

* Leotard for girls only.

* Must be 3 years old to participate.

\$459–17 Weeks | Mon-Fri | 12:00-1:30

Extended Day Gymnastics | Co-Ed Ages 4–6

Pick-up is in the Gymnastics Center lobby at 2:30pm. Arrive at 2:25pm. Pick-ups after 2:30pm are subject to a late pick-up fee.

\$425–17 Weeks | Mon & Wed | 1:25-2:30

Refund Policy

Written withdrawal requests must be received at least one week prior to the withdrawal date. Approved refunds will be prorated based on remaining classes, minus a \$25 administrative fee. After November 13, refunds will no longer be available. In some cases, account credit may be applied toward future Recreation Ministry programming.

Girls Recreational Gymnastics

This progressive recreational gymnastics program introduces and continues the skill-building blocks for gymnastics development.

Peachtree Gym: Gymnastics and Cheer follows USA Gymnastics skill progressions. All Girls Recreational Gymnastics registrants will receive a Peachtree Gym leotard.

Level 1 | Ages 5-14

Focuses on basic beginner skills such as $\frac{3}{4}$ Handstand, Pullover (spotted), Bridge, Lever on Beam, and Cartwheel.

\$475-17 Weeks

Mon-Thu

3:00-3:55 | 3:30-4:25 | 4:00-4:55 | 4:30-5:25 | 5:00-5:55
5:30-6:25 | 6:00-6:55

Sat 9:00-9:55 | 10:00-10:55 | 11:00-11:55

Level 2 | Ages 6-14

Focuses on beginner skills such as Handstand, Backbend to Kickover, Round-off, Pullover (solo), Back Hip Circle, $\frac{3}{4}$ Handstand on Beam, and Handstand Flatback onto 8" mat.

Requirements: Pullover (light spot) on bars, Lunge Cartwheel, Handstands, and Bridge on floor, lever on beam.

\$475-17 Weeks

Mon-Thu

4:00-4:55 | 4:30-5:25 | 5:00-5:55 | 5:30-6:25 | 6:00-6:55

Sat 9:00-9:55 | 11:00-11:55

Level 3 | Ages 7-14

Focuses on intermediate skills such as Back Walkover, Back Handspring Drills, Shoot Throughs and Mill Circles on Bars, Handstand and Cartwheel on Beam, and Handstand Flatback onto Vault Trainer.

Requirements: Pullover (solo) and Back Hip Circle on bars, Backbend Kick-over and Round-off on floor, Tip-up on beam, and Handstand Flat-back onto 8" mat for vault.

\$475-17 Weeks

Mon-Thu 4:00-4:55 | 5:30-6:25 | 6:00-6:55 | 6:30-7:25

Sat 10:00-10:55

Levels 4 & 5 | Ages 7-14

Evaluation required for registration. Focuses on advanced skills such as Back Handsprings (solo and in running combinations), Front and Back Tucks, Kips, Front Hip Circles, Squat-Ons, Cartwheel and Back Walkover on Beam, and Front Handspring over Vault table.

Requirements: Shoot Through and Mill Circle on bars, Spotted Back Handspring and Front Handspring on floor, Spotted Cartwheel and Side Handstand Dismount on beam, and Handstand Flat-back on low vault system.

Level 4

\$560-17 Weeks

Tue Wed Thu 6:30-8:00

Level 5

\$645-17 Weeks

Mon Thu 6:00-8:00

Boys Recreational Gymnastics

Our Boys Gymnastics Program is a progressive recreational gymnastics program. The class introduces and continues the skill building blocks for strength and gymnastics development. Boys will learn elements of "Ninja" training including speed obstacle coordination, wall flips, and tumbling. This is a high energy and exciting class. **Please note:** Classes stretch out altogether then are divided into boys and girls classes. All Boys Recreational Gymnastics registrants will receive a Peachtree Gym shirt and shorts.

Level 1 | Ages 4.5-8

Focuses on basic beginner foundational skills such as Handstand, Bridge Kickover, Pullover on Bars, Forward and Backward Rolls, Cartwheel, and Round-off.

\$475-17 Weeks Tue Wed Thu

4:00-4:55 | 5:30-6:25

Level 2 | Ages 7+

Focuses on intermediate skills such as Back Handspring, Wall Flips, Circle Skills on Bars, Handstand Flatback and Front Handspring over Vault, Advanced Jumps, and Strength Training.

Requirements: Cartwheel, Round-off, Backbend Kickover, Forward and Backward Rolls, and Pullover on Bars.

\$475-17 Weeks Mon Tue 5:00-5:55 | 6:00-6:55

Tumbling Classes

Our Tumbling program focuses on developing floor and trampoline skills for athletes from beginner to advanced. Tumbling classes are taught in a progressive format following USAG standards.

Level 1 | Co-Ed Ages 5+

Focuses on basic tumbling skills such as Handstand, Cartwheels, Round-offs, Bridge Kick-overs, Back and Front Walkover, a variety of Rolls, and preparing for intermediate tumbling skills.

\$425-17 Weeks Tue | Thu 4:00-4:55

Level 2 | Co-Ed Ages 7+

Focuses on mastering the Back Walkover, drilling and learning the Back Handspring, working advanced Rolls, Round-Off with Jump connections, and the Front Handspring.

Requirements: Cartwheel, Round-off, Backbend Kickover (Back Walkover preferred), Forward and Backward Rolls.

\$425-17 Weeks Wed 5:00-5:55

Tumble & Cheer Prep

Ages 5-16

Tumble & Cheer Prep class teaches a variety of jumps, motions, cheers, chants, beginner and intermediate tumbling and low level stunts. This class is ideal for athletes wanting to learn cheer basics for middle school and high school cheer squads in a low pressure fun environment. The class is geared towards preparing athletes for cheer try-outs.

\$425-17 Weeks Tue | Thu 6:00-6:55 | 7:00-7:55

Pre-Competitive Programs

Pre-team groups teach gymnasts strength, flexibility, and balance using the USA Gymnastics (USAG) certified compulsory skills and conditioning. This progressive class prepares gymnasts for the competitive environment by maintaining a focused, skill specific, and competitive structured class. Attendance to practices is required and highly recommended.

Invitation only. Students receive specialty leotard.

For more information about Pre-competitive or Competitive Team opportunities, please email **Andrea Fisher** at AFisher@PeachtreeChurch.com.

Lessons & Custom Classes

Private Lessons | Ages 2-12

Beginner lessons are available for gymnastics, tumbling, strength building, or cheerleading. All lessons booked and managed through **Andrea Fisher**. Based on availability.

\$60 | 1-Hour

Advanced Lessons

Advanced lessons include try-out cheer lessons, advanced tumbling skills, competitive gymnastics skills/choreography and advanced skilled coaches. All lessons booked and managed through **Andrea Fisher**.

\$75 | 1-Hour

Custom Curriculum Classes | Ages 1.5-18

17-Weeks

Looking for a class option not currently offered on the schedule? Families may create a custom class by organizing a group of 7-8 athletes. Classes may focus on preschool gymnastics, recreational gymnastics, tumbling, or cheer while introducing progressive skill development in a fun and structured environment.

\$450 Pre-Gym | 17 Weeks

\$525 Rec or Tumbling | 17 Weeks

* 2026-2027 Competitive team evaluations will be held in May. Email AFisher@PeachtreeChurch.com if your daughter is interested.



➤ YOUTH DANCE

ALERA HARRISON

Director of Dance

📞 404.842.3156

✉ AHarrison@PeachtreeChurch.com



2026 Dance Classes

34 Weeks of Classes | **Semester 1: August 17–December 18** | **Semester 2: January 4–May 15**

No classes | Labor Day (September 7) | Indigenous Peoples Day (October 12) | Thanksgiving Break (November 23-28)
Winter Break (December 20–January 3) | Martin Luther King, Jr. Day (January 18) | President's Day (February 15)
Spring Break (March 1-5) | Spring Break (April 5-9)

Final Week of Classes | **May 10-14**

All dancers must be the appropriate age by **September 1, 2026**. If you have any questions about level or placement for your dancer, please contact the **Dance Director** at **AHarrison@PeachtreeChurch.com**.

Pricing

Semester, bi-semester, monthly billing options available.

Prorated Tuition

Prorated tuition will begin **September**. Please contact the Dance office for assistance.

Location

All classes will be held in the Dance hallway on the second floor in the Gym building on the southernmost side of the church in **Rooms 2402, 2403, 2404, and 2405**.

Please enter through the Gym main entrance and proceed to the second floor by the stairs, located close to the entrance or the elevator at the end of the hallway.

Recitals

Recitals will be held on December 12 and May 15.

***Subject to change.*

Peachtree Dance Youth Program

Ages 2.5–Adult

Peachtree Dance offers a warm, high-quality dance program for ages 2.5–18 years, nurturing a love of movement in a positive, age-appropriate environment.

Our experienced instructors guide dancers through a wide variety of styles—ballet, tap, jazz, hip hop, and more—focusing on technique, expression, and confidence. With a progressive curriculum and supportive community, we help every dancer grow both on and off the stage.

Pre-Ballet

\$350 | Per Semester

Ages 2.5-6 Years

Pre-Ballet is a fun and imaginative introduction to dance designed for young dancers. Students will explore basic ballet technique, creative movement, musicality, coordination, and classroom skills in a positive and nurturing environment. This class helps build confidence, grace, and a love for dance while encouraging creativity and self-expression.

Mon	4:00-4:45	3-5 Year Old Pre-Ballet
Tue	4:00-4:45	4-6 Year Old Pre-Ballet
Thu	4:15-5:00	2.5-4 Year Old Creative Movement
Fri	2:30-3:15	3-5 Year Old Pre-Ballet

Ballet

\$360 | Per Semester

Our Student Ballet classes teach dancers the fundamentals of classical ballet through graceful movement, proper technique, and creative expression. Students will build strength, flexibility, coordination, and confidence while learning ballet terminology and skills in a supportive and encouraging environment.

8–10 Years

Mon	5:00-6:00
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Teen Ballet

Mon	6:00-7:00
Wed	5:30-6:30

Teen Pointe

Wed	6:30-7:30
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Pre-Pointe/Pointe I

Thu	6:00-7:00
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Ballet I

Tue	5:00-6:00
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Ballet IIA

(First Year Ballet 2)

Tue	5:00-6:00
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Ballet IIB

(Second Year Ballet 2)

Thu	5:00-6:00
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PPC Preschool Extended Day Ballet

\$360
Per Semester

Pre-Ballet is a fun and imaginative introduction to dance designed for young dancers. Students will explore basic ballet technique, creative movement, musicality, coordination, and classroom skills in a positive and nurturing environment. This class helps build confidence, grace, and a love for dance while encouraging creativity and self-expression.

4-6 Years

Tue	1:25-2:25
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Beginner Tap Dance

\$360 | Per Semester

Student Tap is an energetic and engaging class where dancers learn the fundamentals of tap technique, rhythm, timing, and musicality. Students will build coordination, confidence, and performance skills while exploring fun combinations and upbeat music in a supportive classroom environment.

Tue	4:30-5:30
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Combo Classes

\$350-\$360
Per Semester

These combo classes introduce dancers to multiple styles of dance in a fun, positive, and encouraging environment. Students will build coordination, confidence, musicality, and foundational technique while developing creativity, classroom skills, and a love for movement.

Ballet/Tap | 5-7 Years

Mon	4:45-5:45
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Jazz/Hip Hop | 8-10 Years

Wed	4:45-5:45
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Ballet/Jazz | 4-6 Years

Wed	3:45-4:35
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Jazz/Hip Hop | 10+ Years

Wed	7:00-8:00
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Pre-Ballet/Tap 3-5 Years

Wed	4:45-5:30
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Tap/Jazz | 7-9 Years

Thu	5:00-6:00
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Jazz/Tap | 7-9 Years

Wed	3:45-4:35
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Contemporary Dance

\$360 | Per Semester

Our Contemporary Dance class combines expressive movement, creativity, and technique in a fun and encouraging environment. Dancers will explore fluid movement, musicality, balance, and storytelling through dance while building strength, flexibility, and confidence. This class is perfect for dancers who love to move, express emotions, and grow as performers.

Teen

Mon 6:00-7:00

9+ Years

Mon 7:00-8:00

Contemporary Ballet

\$360 | Per Semester

Our Contemporary Ballet class blends the grace and technique of classical ballet with the creativity and freedom of contemporary movement. Dancers will build strength, flexibility, balance, and artistry while learning expressive choreography in a positive and encouraging environment. This class is perfect for Dancers who love both elegant ballet movement and creative self-expression.

12+ Years

Thu 7:00-8:00

Hip Hop

\$360 | Per Semester

Get ready to move and groove in our high-energy Hip Hop class! Dancers will learn age-appropriate hip hop moves, fun choreography, and freestyle basics while building confidence, coordination, and rhythm. This upbeat class is perfect for kids who love to dance, express themselves, and have fun in a positive and encouraging environment.

6-9 Years

Mon 4:00-5:00

10+ Years

Mon 6:00-7:00

12+ Years

Mon 5:00-6:00

14+ Years

Mon 7:00-8:00

Jazz

\$360 | Per Semester

Jump, leap, and shine in our fun-filled Jazz class! Dancers will learn energetic jazz technique, exciting choreography, and performance skills while building flexibility, coordination, and confidence. This upbeat class encourages creativity, musicality, and self-expression in a positive and supportive environment for all skill levels.

Jazz I

Thu 6:00-7:00

Teen

Wed 6:00-7:00

Jazz II

Tue 5:00-6:00

Modern

\$360 | Per Semester

Discover the joy of movement in our Modern Dance class! Dancers will explore creative expression, strong technique, and dynamic movement through fun exercises and choreography. This class helps build coordination, flexibility, strength, and confidence while encouraging individuality and artistic expression in a supportive environment.

Tue 5:30-6:30

Musical Theater

\$360 | Per Semester

Step into the spotlight in our Musical Theater Dance class! Young performers will build confidence while learning fun Broadway-style dance routines, acting basics, and expressive movement set to upbeat music from favorite musicals. This energetic class encourages creativity, teamwork, and stage presence in a positive and supportive environment perfect for kids of all experience levels.

Mon 5:00-6:00

PPC Preschool Lunch Bunch

\$390 | Per Semester

*Students are picked up from the preschool by Peachtree Dance Staff and brought to the dance studios where they have lunch followed by class. All Children Must Be Potty Trained And 3 years old by September 1, 2026.

Hip Hop | 3-6 Years

Get ready to move and groove in our high-energy Hip Hop class! Dancers will learn age-appropriate hip hop moves, fun choreography, and freestyle basics while building confidence, coordination, and rhythm. This upbeat class is perfect for kids who love to dance, express themselves, and have fun in a positive and encouraging environment.

Wed 12:00-1:30

Pre-Ballet | 3-6 Years

Pre-Ballet is a fun and imaginative introduction to dance designed for young dancers. Students will explore basic ballet technique, creative movement, musicality, coordination, and classroom skills in a positive and nurturing environment. This class helps build confidence, grace, and a love for dance while encouraging creativity and self-expression.

Tue 12:00-1:30

Thu 12:00-1:30

Pre-Ballet/Tap | 3-6 Years

Pre-Ballet/Tap classes introduce dancers to Ballet and Tap styles of dance in a fun, positive, and encouraging environment. Students will build coordination, confidence, musicality, and foundational technique while developing creativity, classroom skills, and a love for movement.

Mon 12:00-1:30

Fri 12:00-1:30



For pricing information, please visit the online registration page at PeachtreeGym.com

➤ YOUTH SPORTS

JEFF HARDWICK

Director of Sports

📞 404.842.2576

✉ JHardwick@PeachtreeChurch.com



Little Sports MVP

Aug 25–Dec 19

No classes Thanksgiving Break

Introduce your child to the most popular youth sports programs: basketball, baseball, football, and soccer. The class will concentrate on developing the basic coordination skills required to give your child a head start when it comes to playing team sports.

Children learn throwing, catching, hitting, dribbling, shooting, passing, and running while building confidence, self-esteem, and hand-eye coordination.

Rookies MVP | Age 2

*Parent Participation

\$184–8 Weeks | Session 1
Starts: Aug 31 | Sept 1, 3 or 4
Ends: Oct 26, 27, 29 and 30

Mon | Tue | Thu | Fri 9:30-10:00

\$138–6 Weeks | Session 2
Starts: Nov 2, 3, 5 or 6
Ends: Dec 15, 16, 18 and 19

Minors MVP | Age 3–4

\$200–8 Weeks | Session 1
Starts: Aug 31 | Sept 1, 3 or 4
Ends: Oct 26, 27, 29 and 30

Mon | Tue | Thu | Fri
10:10-10:55 | 11:00-11:45

\$150–6 Weeks | Session 2
Starts: Nov 2, 3, 5 or 6
Ends: Dec 14, 15, 17 or 18

Majors MVP | Age 4–6

\$200–8 Weeks | Session 1
Starts: Aug 31 | Sept 1, 2 or 3
Ends: Oct 26, 27, 28, 29

Mon | Tue | Wed | Thu 3:00-3:45
Tue | Wed 4:00-4:45

\$150–6 Weeks | Session 2
Starts: Nov 2, 3, 4, and 5
Ends: Dec 14, 15, 16 and 17

Mon | Tue | Wed | Thu 3:00-3:45

Lunch Bunch

Sept 1–Dec 17

PPC Preschool Students Only. No classes on preschool holidays.

TOTAL Sports Lunch Bunch | Ages 5–6

\$350–17 Weeks Thu Fri 12:00–1:25

Visit the website for more details.

Fun and Sports | Ages 3–6

\$350–17 Weeks Mon–Fri 12:00–1:25

Visit the website for more details.

Fun and Sports Extended Day | Ages 5–6

Coaches from the sports department will pick children up from PC Presbyterian Preschool and walk them over to the Main Gym at 1:20pm. We will then work on skills in sports like baseball, football, soccer, basketball and hockey. As well as play a variety of games like sharks and minnows, Pokémon (Dodgeball) and other games.

Carpool pickup will be located on the side of the gym starting at 2:25pm.

\$350–17 Weeks Tue Thu 1:20–2:25

Night Court

No session on Labor Day.

No session on Indigenous Peoples Day.

Ages 5–10

For boys and girls looking to get a head start leading into winter basketball. Basic skills like dribbling, passing, and shooting will be covered. Proper techniques for shooting lay-ups, free throws, and set shots will be introduced. All instruction will be age appropriate and sessions will be progressive based on age, group, and skill level. Fun games of passing, dribbling, and shooting along with some light scrimmaging will be mixed in during the 4-week session. Each session is limited to 20 participants. Register for either 1st, 2nd, or both sessions. Instruction will be progressive.

\$100 Session 1 Aug 31–Sept 28

\$100 Session 2 Oct 5–Nov 2

Ages 5–6

Mon 4:00–4:45

Ages 7–10

Mon 5:00–5:45

Youth Middle School League

Ages 11–12

\$210 Sept 10–Oct 24 | 7-Games

Practice Thu 5:00–5:55

Games Sat 10:00–11:00

Ages 13–14

\$210 Sept 10–Oct 24 | 7-Games

Practice Thu 6:00–6:55

Games Sat 11:00–12:00

Youth Flag Football League

Ages 5–14

Are you ready for some football? Come and play this exciting game we call football. This will be a coed in-house league where players will learn the game of football in low-key game situations. Put your own team together or your child will be assigned a team by neighborhood and/or school. Children will play in one of four age groupings: 5-6, 7-8, 9-10, 11-13-years-old. This league will practice one weekday and play games on Saturday and/or Sunday depending on the size of the league. All practices and games take place at the Garden Hills Elementary School Field. Fee includes jersey.

\$310 Aug 10–Oct 30

Youth Flag Football Training Camp

Ages 5–12

Get a head start on the upcoming flag football season. Join us for this 3-hour flag football training camp where kids focus on the fundamentals necessary to play the game. Kids work on flag pulling technique, offensive and defensive drills, speed and agility training, and become more knowledgeable in the sport. Training camp concludes with scrimmages where the kids will learn about in-game situations.

\$90 Aug 8 9:00–12:00

Winter League

\$315 Nov-Feb

Winter League Little Hoopsters | Age 4

This is an in-house, coed league for 4-year-olds. Children learn the basics of basketball in low-key game situations where the score will not be kept. Fee includes uniform. Practices held on Thursdays or Fridays and games will be played on Thursday and Friday evenings. No draft. Put your own team together with a ten player maximum, or your child will be assigned to a team by neighborhood and/or school.

Ages 5-6

This is an in-house, coed league for young players. Goals lowered to 8 feet and junior-sized balls are used. Children learn the basics of basketball in low-key game situations. Fee includes uniform. Practices held on Friday evenings; games are played on Friday evenings or early Saturday mornings. No draft. Put your own team together with a ten player maximum, or your child will be assigned to a team by neighborhood and/or school.

Ages 7-14

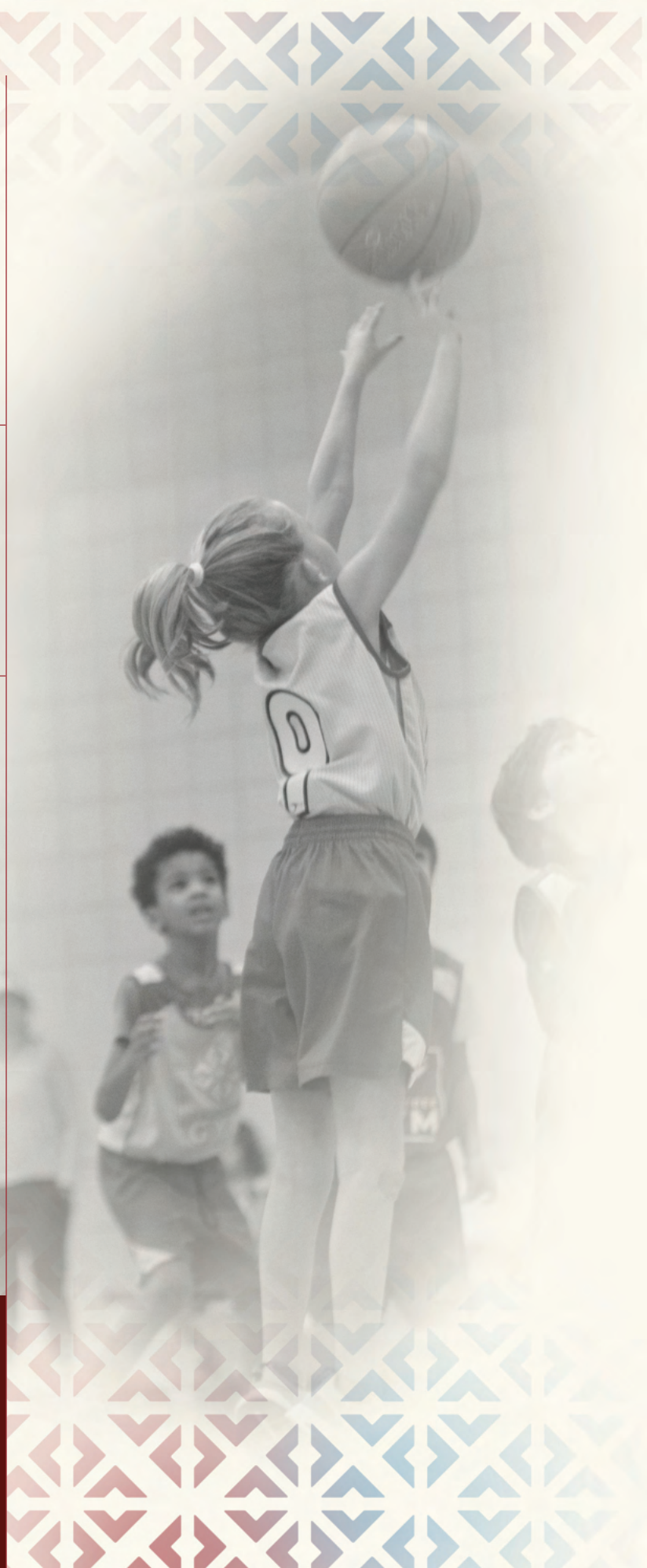
Boys' and Girls' teams are formed in 2-year age groupings. Teams practice on a weekday evening (and on Saturday for the first half of the season) and play games on Saturdays. Games will begin after the New Year. Fee includes jersey.

Please REGISTER EARLY! We do not guarantee requests. The only protected players are the children of the head coach and assistant coach of a team. If you would like to put your own team together with a minimum of 6 players and a maximum of 9, please contact **Tommy Hope** or **Jeff Hardwick**.

*Ages as of September 1, 2026.

Custom Classes

If you have a group of 4 or more that wants some gym time but don't see a time that works. Please email **Jeff Hardwick**, JHardwick@PeachtreeChurch.com or call **404.842.2576**, and we can see about creating a custom class just for you.



PARTIES



Gymnastics, Cheer & Ninja Parties

Ages 2-12

One full hour of instructional gymnastics, ninja, tumbling and/or cheer. Children enjoy time on the obstacle course, and rotations on all four Olympic events: uneven bars, balance beam, vault and floor exercise. Preschool parties include games, parachute and interactive group activities. Afterwards, kids proceed to the party room for 30 minutes for cake and ice cream! Parents are responsible for decorations, plates, napkins, cutlery, and food including: drinks, cake, ice cream, and any other desired refreshments.

\$20 Per Child | \$200 Party Minimum | \$50 Deposit to Book

Dance Parties

Birthday parties are 1 1/2 hours. We provide one hour of dance and dance-related games and 30 minutes in the party room. We offer Ballerina and Hip Hop party options, but if you have a Custom Party Theme in mind, we would love to work with you to make it a reality.

Any remaining balance will be charged to the card on file the Monday following the party.

\$20 Per Child (\$200 Minimum) | \$200 Deposit to Book

Sports or Fun & Games Parties

Have your next Sports/Fun & Games/Fun & Sports Combo Party with us at Peachtree Gym. Contact **Jeff Hardwick** at JHardwick@PeachtreeChurch.com or **404.842.2576**.



HOLIDAY CAMPS

Princess Ballerina Camp

Thanksgiving Break

Half Day Camp | November 24-26

Spring Break

Half Day Camp | March 2-6

Half Day Camp | April 6-10

Ages 3-6

Twirl and dance like a Ballerina Princess! Dancers will learn the basics of ballet technique while dancing to their favorite Disney princess songs, as well as music from a few of the ballet classics such as Sleeping Beauty, Swan Lake, and more. Dancers will learn a dance inspired by their favorite fairy tales, which will be recorded and emailed to parents the following week.

\$60-Daily 9:00-1:00

\$180-3 Days 9:00-1:00

Nutcracker Dance Camp

December 21-23

Ages 3-6

Waltz and spin like Clara and the Sugar Plum Fairy! We will dance to holiday music, watch The Nutcracker ballet, and make holiday crafts. Dancers will do a Nutcracker-inspired dance, which will be recorded and emailed to parents the following week.

\$60-Daily 9:00-1:00

\$120-2 Days 9:00-1:00

Winter Wonderland Camp

Half Day Camp | December 28-30

Ages 3-6

Tendu and jete through a winter wonderland! Dancers learn the basics of ballet while dancing to their favorite songs from Frozen. On the final day of camp, dancers may wear their favorite Frozen or winter-inspired outfit! Dancers will learn a dance which will be recorded and emailed to parents the following week.

\$60-Daily 9:00-1:00

\$180-3 Days 9:00-1:00

Gymnastics Holiday Camps

November 23-25

Closing at 1:00pm Wednesday, November 26

December 21-23

Closing at 1:00pm Wednesday, December 23

December 28-30

Closing at 1:00pm Wednesday, December 30

Co-Ed | Ages 3-12

Holiday Gymnastics Camp includes skills on the uneven bars, balance beam, vault table, Tumble Trak trampoline, floor exercise and boy apparatuses. Boys and girls will learn a variety of acrobatic gymnastics skills and combination routines. They will enjoy strength training, flexibility, and balance activities by jumping, running, stretching, rolling, flipping, twisting and circling. Campers need to bring a sack lunch, snack and athletic shoes.

Required attire for girls: leotard and hair pulled back.

Required attire for boys: T-shirt and comfortable athletic shorts.

* Campers will be grouped by age and ability.

** 3 and 4 year olds eligible for half day 9:00-1:00pm camp only.

\$60-Daily 9:00-1:00

\$75-Daily 9:00-4:00

\$180-3 Days 9:00-1:00

\$225-3 Days 9:00-4:00

Fun and Sports Camp

Fall Break

Half Day Camp | October 12-16

Election Day

Half Day Camp | November 3

Thanksgiving Break

Half Day Camp | November 23-24

Holiday Camps

Half Day Camp | December 21-23

New Years Camp

Half Day Camp | December 28-30

Winter Break

Half Day Camp | February 15-19

Ages 3-6

Fun and Sports is a camp for young athletes who are just starting to learn sports and enjoy camp games. It is a fantastic way to introduce children to the world of physical activity and teamwork in a fun and engaging environment. This type of camp can provide a well-rounded experience by offering a mix of sports, recreational activities, and of course fun games!

\$60-Daily 9:00-1:00

\$75-Daily 9:00-4:00

\$180-3 Days 9:00-1:00

\$225-3 Days 9:00-4:00

5 Star Camp

Fall Break

Half Day and Full Day Camp | October 12-16

Thanksgiving Break

Half Day and Full Day Camp | November 23-24

Holiday Camps

Full Day Camp | December 21-23

New Years Camp

Half Day Camp | December 28-30

Winter Break

Full Day Camp | February 15-19

Spring Break

Full Day Camp | March 2-6; April 6-10

Ages 3-6

5-Star Summer Camp combines sports activities and camp games to offer a fantastic opportunity for children to stay active, develop new skills, and make lasting memories. We will work on skills training in sports such as Soccer, Basketball, Flag Football, Hockey, and Baseball to provide a great way for campers to engage in physical exercise, improve coordination, and learn the value of teamwork. These activities promote physical health and help build confidence and resilience in participants.

\$60-Daily 9:00-1:00

\$75-Daily 9:00-4:00

\$180-3 Days 9:00-1:00

\$225-3 Days 9:00-4:00

\$120-2 Days 9:00-1:00

\$150-2 Days 9:00-4:00

\$275-5 Days 9:00-1:00

\$325-5 Days 9:00-4:00



Register online at **PeachtreeGym.com**



3434 Roswell Rd NW | Atlanta, Georgia 30305
404.842.5852 | PeachtreeGym.com

REGISTER ONLINE OR IN PERSON

IN PERSON

Gym Front Desk
3434 Roswell Rd NW
Atlanta, Georgia 30305

ONLINE

PeachtreeGym.com

FALL REGISTRATION

Available Online at
PeachtreeGym.com

It is necessary to register **In advance for all camps.**

Waiver/Release: No registration for a child will be processed without a signature. **No** telephone registrations are accepted.

Payment: Cash, checks (payable to Peachtree Gym), Visa, Mastercard, or American Express accepted.

Mark Your Calendar: Check the beginning date of your camp carefully. Limited Enrollment, so please Register Early to assure a place in the camp of your choice.

Refunds: Refunds may be given if the request is received in writing at least ONE week before the start of the camp, there is a \$50 nonrefundable fee per camp. Refund requests within one and seven days prior to the start of camp will receive a 50% refund. No refunds available the week of camp or after camp begins. Under certain circumstances, a prorated credit will be provided to be applied to future Recreational Ministry programming.