



WINTER / SPRING
2025



PEACHTREEGYM.COM



5

Ways to
Build Muscle

FAST

BY TO YOUR HEALTH

With all the talk these days about losing weight and burning fat, it's easy to forget about the importance of building muscle. Whether you're looking to maximize your metabolism or just look better in front of the mirror, you need muscle to do it.

Here are five simple strategies, whether you're looking to stay lean while losing weight or get pumped up and gain a few pounds of muscle:

- 1. Contain the Cardio:** Exercise that gets your heart pumping, particularly in the fat-burning zone, is great if you're looking to slim down and lean out. But too much cardio can burn muscle along with the fat (the classic example is the long-distance runner; they may be lean and in great shape, but they generally can't pack on pounds of muscle). That doesn't mean you should ignore cardiovascular exercise, because it's an important part of a healthy lifestyle. Just limit it to three 30-minute sessions a week and spend the rest of your workout time doing muscle-building exercises (with free weights, balls and bands, or your own body weight).
- 2. Don't Overdo It:** The number one mistake exercisers make, whether they're trying to build muscle, burn fat, lose weight or do all of the above, is overtrain. You might think that more is better, but in general, it's a recipe for disaster. One or both of two things can happen if you overtrain: you can get injured or you can get burned out. If either happens, you won't be able to—or won't want to—work out, and of course, if you're not working out, it's difficult to build muscle, particularly over time. So work out every other day for a maximum of 45 minutes, and work within the limits of your body. That means if you can only bench press 200 pounds, don't get greedy and try for a 300-lb lift.
- 3. Mix Things Up:** Life is all about mixing things up. Variety is what keeps people from getting complacent and bored. Your muscles operate under a similar principle. Once they get comfortable with how they're being used, they stop growing. The key to continual muscle gains is to mix your workouts up every 4-6 weeks; doing so will keep your muscles engaged in fresh, new ways. Instead of sitting back and getting comfortable with the same old workouts, your

muscles will jump to attention and keep working hard. The result: they'll keep growing and you'll keep building muscle.

- 4. Keep Eating:** In the endless pursuit of weight loss, many people incorrectly focus on calorie restriction as the way to lose weight and get lean. Not only will that not particularly work (your body actually needs more calories, especially if you're working out; and too few will shut down your metabolism and store fat), but it also will cost you and chances at muscle growth. The reason is twofold: First, the more you eat, especially a blend of protein, complex carbohydrates and essential fats, the more your metabolism increases. The more effective your metabolism is, the more energy your body expends, even when you're sedentary. Second, if your muscles don't have enough food, they can't grow, pure and simple. Starve them and they'll wither away.
- 5. Take a Break:** Even if you're mixing your muscle-building workouts up, you—and your body—need the occasional rest. In fact, you'll often find that your greatest muscle gains take place when you aren't working out. That's because muscle growth operates on a simple principle: Exercise tears the muscle down, while rest, recovery and proper nourishment builds it back up. If you're always working out, your muscle is always being worked—it never has time to grow. So schedule a few breaks during the year of at least a week; you'll be amazed at the effect it has on your body—and your state of mind. You'll be ready to get back to the gym, and your body will be ready and raring to go!

Contact **Jan Smith** at JSmith@PeachtreeChurch.com or call her at **404-842-2189** for more information about **Peachtree Gym**, classes and membership options. We invite you to try a few of our group fitness classes and visit our training room with your **FREE one week pass you'll receive when you mention this brochure.**

It is our goal to get you started on your path to success!

Members, ask Jan about our **REFER A FRIEND PROGRAM!** Get a month or more **FREE!**



➤ FITNESS

JAN SMITH

Sales & Marketing Director

📞 404.842.2189

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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](https://www.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
- Lateral X
- Arc Trainers
- Octane Ellipticals
- Star Trac Treadmills
- Gauntlet StepMill
- Precor Ellipticals
- Seated Octane Elliptical
- Precor Recumbent Bikes
- Upright Bikes
- Concept II Rower
- HIIT Stairmaster Bike

Strength Equipment

Workouts build lean muscle mass and strengthen bones:

- NEW! Coming in January!
- Nautilus Inspiration and Nautilus
- Impact 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.

Vinyasa Yoga Flow

This is a full-body, flowing workout with variations of Sun Salutations, standing poses that get the body pumping while challenging our balance and finishing with targeted stretching.

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.

Daivde Almire | 404.310.5090

Micheal 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.



ANDREA FISHER

Director of Gymnastics & Cheer

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Winter / Spring 2025 Session

17 Weeks of Classes | January 6–May 17

No classes | Martin Luther King, Jr. Day (January 20) | President’s Day (February 17) | Week of March 3–8 (Private School Break)
Week of April 7–12 (Public School Break)

Gymnastics Parent Performances

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

Prorated Rolling Admissions

Only available for open classes and Prorated rolling admissions starts January 27. Unlimited make-up classes are available through January 13–May 17.

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

\$366

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 1.5–3 years old, encompassing the exploration of body awareness, beginning strength, balance and movement skills, and social interaction with others.

* Parent participation is required.

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

2.5–4 Years

9:00-9:45 | 10:00-10:45 | 11:00-11:45 | 1:45-2:30 | 4:00-4:45
4:30-5:15 | 5:00-5:45

3–5 Years

9:00-9:45 | 10:00-10:45 | 11:00-11:45 | 1:45-2:30 | 3:00-3:45
3:30-4:15 | 4:00-4:45 | 4:30-5:15 | 5:00-5:45 | 5:30-6:15
6:00-6:45

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

PPC Preschool

Jan 7–May 16

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.

* Leotard for girls only.

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

Refunds may be given if the request is received in writing at least ONE week before the start of the class or one week prior to the date to withdraw from a class. Refunds provided for classes remaining after withdrawal date. An administration processing fee (\$15) will be deducted from all refunds. No refunds are provided after April 27; however, we will honor a credit to be used towards 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 5-4

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

\$417-17 Weeks

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.

\$417-17 Weeks

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.

\$417-17 Weeks 55 min

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

Level 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

\$509-17 Weeks 1.5 Hr

Tue 6:30-8:00

Level 4 / 5

\$560-17 Weeks

Thu 6:00-8:00

Level 5

\$560-17 Weeks

Mon 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.

\$416-17 Weeks 3:00-3:55 | 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.

\$416-17 Weeks 5:00-5:55 | 6:00-6:55 | 7:00-7:55

Tumbling Classes

\$391-17 Weeks

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.

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.

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

Tumble & Cheer Prep

\$391-17 Weeks

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.

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.

HotShots Gymnastics | Ages 5-8

\$125 Monthly | 3 Hrs Per Week

Power Puffs

\$160 Monthly | 4 Hrs Per Week

Pre-Team / USAG 2

\$200 Monthly | 5 Hrs Per Week

USAG 3-4

\$250 Monthly | 6-8 Hrs Per Week

\$500-\$750 Uniform Fee

\$500-\$750 Competition Fee

Lessons & Custom Classes

Private Lessons | Ages 2-12

Available for gymnastics, tumbling, strength building, or cheerleading. All lessons booked and managed through **Andrea Fisher**. Based on availability. \$30 late cancellation fee.

\$40 | Half Hour | 1 Student

\$60 | 1-Hour | 1-2 Students

\$25 Per Student | 3+ Students

Advanced Lessons

Includes Try-Out Cheer lessons, advanced tumbling skills, competitive gymnastics skills/choreography and advanced skilled coaches..

\$75 | 1-Hour | 1 Student

\$40 Per Student | 1-2 Students

\$30 Per Student | 3+ Students

Custom Curriculum Classes | Ages 1.5-18

17-Weeks

Don't see a class on the schedule that works for you? Pick a time that works best for you and invite 7-8 of your closest friends to create a custom class (7 student minimum). The students will enjoy an hour long progressive recreational gymnastics, tumbling or cheer class that introduces and continues the skill-building blocks for acrobatic skill and muscle development.

\$425 Pre-Cym

\$475 Rec or Tumbling

* 2025-2026 Evaluation try-outs will be held in May. Email **Andrea Fisher** at AFisher@PeachtreeChurch.com if your daughter is interested.



▶ YOUTH DANCE

ALERA HARRISON
Director of Dance

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2024-2025 Dance Classes

Program Description

Peachtree Dance provides education for ages 18 months through 18 years in Creative Movement, Ballet, Modern, Tap, Jazz, Hip Hop, Pointe, Contemporary, Lyrical and Musical Theater. Our instructors have professional dance experience and collegiate-level training. We are passionate about teaching strong dance techniques in a warm and supportive environment. The 2024-2025 season runs August 12, 2024–May 17, 2025.

Dress Code

Dancers must be in appropriate attire to participate in class. Females wear hair in a bun for Ballet and either a bun or ponytail for other classes.

Class Placement

Students must be the appropriate age by September 1, 2024, for class placement. Starting at age 10, Ballet and Modern technique classes are based on level, not age. We offer Levels I-III. For more information about level placement, please contact the director.

Spring Recitals

The spring recitals take place in May 2025. There is a nonrefundable recital and costume fee due January 2025. Students who wish to participate in the spring recitals must be registered on or before January 10, 2025.

Preschool Lunch Bunch

12:00-1:30

Students are picked up from Peachtree Presbyterian Preschool by Peachtree Dance staff at 12:00pm and walked to the Dance Department. Dancers change clothes, eat lunch, and take a 45-minute dance class. Parents/guardians pack a lunch and dance attire. Parents/guardians pick up their dancers at 1:30pm at carpool on the southernmost side of the church campus.

Hip Hop | Ages 3-5 Wed

Pre-Ballet | Ages 3-4 Mon-Wed

Pre-Ballet | Ages 4-5 Mon & Thu

Pre-Ballet / Tap | Ages 4-5 Fri

Preschool Extended Day Ballet

Ages 4-6

Dancers eat lunch prior to Ballet, are picked up from Peachtree Presbyterian Preschool by Peachtree Dance staff at 1:20pm, change clothes upon arrival to class, and take a 1-hour dance class. Parents/guardians pack dance attire. Parents/guardians pick up their dancers at 2:30pm at the at carpool on the southernmost side of the church campus.

Mon 1:30-2:30

Pre-Ballet

Dancers learn the basics of ballet, including ballet and creative movement, balance, and fine motor skills.

3-4 Years

Mon & Wed 4:00-4:45
Thu 11:15-12:00

4-5 Years

Mon 4:15-5:00
Thu 4:00-4:45

Pre-Ballet & Jazz

Pre-ballet & Jazz is a great way to introduce your child to two dance styles in one class. Pre-ballet teaches the basics of ballet and creative movement, balance, and fine motor skills. Jazz teaches rhythm, coordination, and dynamic movement.

3-4 Years

Thu 3:15-4:00

Pre-Ballet & Tap

Pre-ballet & Tap is a great way to introduce your child to two dance styles. Pre-ballet teaches the basics of ballet and creative movement, balance, and fine motor skills. Tap teaches rhythm, body isolation, and timing.

3-4 Years

Tue 1:30-2:15

Ballet

Ballet provides a strong foundation and explores graceful and controlled movement. Dancers progress in technique training with the use of increasingly more advanced barre, centre, and floor work.

5-6 Years

Thu 4:00-5:00

7-8 Years

Wed 5:00-6:00

6-7 Years

Mon 5:00-6:00

8-9 Years

Mon 5:00-6:00



Ballet

Ages 10–17

Ballet provides a strong foundation and explores graceful and controlled movement. Dancers progress in technique training with the use of increasingly more advanced barre, centre, and floor work. Dancers may be invited to begin the Pointe Program once they gain the proper amount of strength, alignment, and technique.

Director's approval is required for placement in Ballet II-III and the Pointe Program. Placement is based on level not age.

Ballet 1 | Ages 10+

Wed 5:30-6:45

Ballet 2 | Ages 12+

Tue 6:15-7:45

Ballet 1.5/2/Company Class | Ballet 3/Pointe

Tue 4:45-6:15

Thu 5:00-7:00

Ballet & Jazz

Ages 5–6

Ballet & Jazz is a great way to introduce your child to two dance styles in one class. Ballet provides a strong foundation and explores graceful and controlled movement. Jazz teaches high energy choreography, isolations, jumps, and sharp, dynamic movement.

Mon 4:00-5:00

Ballet & Tap

Ages 5–6

Ballet & Tap is a great way to introduce your child to two dance styles in one class. Ballet provides a strong foundation and explores graceful and controlled movement. Tap teaches rhythm, coordination, sound, and timing.

Wed 4:30-5:30

Hip Hop

Hip Hop dance is a high energy class that explores rhythm and coordination. Dancers learn fun routines and floor work to clean and upbeat pop and hip hop music.

Ages 3–5

Thu 4:15-5:00

Ages 4–6

Tue 4:15-5:15

Ages 5–7

Mon 5:00-6:00

Ages 7–9

Tue 5:15-6:15

Thu 4:45-5:45

Ages 10–12

Mon 7:00-8:00

Modern

Ages 10–17

Modern is a dynamic and athletic genre of dance that is about experimentation, pushing the limits, and discovering new ways of using music and sound in relation to movement. Core strength and spinal articulation are key components. Intro to Modern dancers receive an introduction to several Modern techniques. Modern Levels I-III provide increasingly more exposure to Modern techniques like Horton, Graham, Cunningham, and Release.

Modern 1 | 0–2 Years Experience

Tue 6:15-7:15

Modern 2 | 3–4 Years Experience

Thu 5:00-6:15

Modern 3 | 4–6 Years Experience

Wed 5:30-7:00

Musical Theater

Students participate in vocal and physical warm-up and conditioning, engage in drama games, learn theatre terminology, and learn songs and dances from various Broadway plays and musicals.

Students participate in physical warm-up and conditioning, engage in drama exercises, learn theater terminology, and learn songs and dances from various Broadway plays and musicals.

Mon 6:00-7:00

Contemporary

Ages 10+

Contemporary dance combines elements of several dance genres including modern, jazz, lyrical, and ballet. This style strives to connect the mind and the body through fluid dance movements and is known for allowing dancers to freely express their innermost feelings.

Wed 7:00-8:00

Tap & Jazz

Tap & Jazz is a great way to introduce your child to two dance styles in one class. Tap teaches rhythm, coordination, sound, and timing. Jazz focuses on high energy choreography, isolations, jumps, and sharp, dynamic movement.

Ages 5-7

Mon 4:00-5:00

Ages 7-9

Mon 5:00-6:00

Jazz

Ages 9-12

Jazz focuses on high energy choreography, isolations, jumps, and sharp, dynamic movement. This style of dance is an excellent option for students who enjoy upbeat fast-paced movement.

Mon 7:00-8:00

Teen Lyrical

13+ Years

Lyrical dance, nestled between modern and contemporary, beautifully marries expressive movements with the grace of ballet. Unlike modern and contemporary, the primary purpose of lyrical dance is to connect the audience with the lyrics and overall mood of the music.

Mon 6:00-7:00

Non Recital Class

Ages 3-6

Come and dance like your favorite princesses in this princess themed ballet class.

Thu 4:00-5:00

Peachtree Dance Company

Peachtree Dance Company is a pre-professional program for dancers ages 8-18 that provides training, performance opportunities, and outlets for creativity and comradeship, with the intention of preparing dancers for opportunities in high school and beyond. Peachtree Dance Company performs throughout the Metro Atlanta area several times per year and is by audition only.

Apprentice Company Rehearsal

Thu 6:30-8:00

Junior Company Rehearsal

Thu 7:00-8:30

Private Lessons

Private lessons are structured to help students work on specific skills, such as leaps, turns, and even pointe. We also offer private lessons in acting and some singing skills.

By request, we offer private lessons to help prepare students for auditions. Whether it be dance company, school dance team, or film auditions, we provide instructors who are well equipped to help guide students to feel confident and prepared.

Custom Classes

Don't see a class on the schedule that works for you? Would your child like to take dance with his or her friends? We are happy to work with you to build a custom class! Four-student minimum required. Regular tuition rates apply. Inquire with the director for further information.

▶ YOUTH SPORTS

JEFF HARDWICK
Director of Sports

📞 404.842.2576

✉ JHardwick@PeachtreeChurch.com



Little Sports MVP

Jan 13–Mar 17

No classes February 17-21, March 3-7 or April 7-11

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

\$144–8 Weeks Session 1 | Jan 13–Mar 17
\$144–8 Weeks Session 2 | Mar 24–May 19

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

Minors MVP | Age 3-4

\$304–16 Weeks Jan 13–May 19

Mon | Tue | Thu | Fri 10:30-11:15
Tue | Thu 4:00-4:45

Majors MVP | Age 5-6

\$320–16 Weeks

Session 1 | Jan 13–May 19
Wed | Thu 4:00-4:55

\$320–16 Weeks

Session 2 | Mar 24–May 19
Tue | Wed | Thu 5:00-5:55

Gloves Up!

Jan 13–Mar 17

No class February 17 or March 3.

Intro to T-Ball | Ages 3-4

This class will focus on the fundamentals of baseball. We will work on hitting, throwing, catching, fielding, terminology, and more. Children will need to bring their gloves and bats to class each week.

\$128–8 Weeks Wed 4:00-4:45

Lunch Bunch

Jan 8–May 17

PPC Preschool Students Only. No classes on preschool holidays.

Fun & Sports Lunch Bunch | Ages 3-6

Give your young child the best experience possible with Fun & Sports! Children play classic games such as Freeze Tag and Red-Light Green Light with some new twists geared to young attention spans. We will also go over the basics of sports like Basketball, Football, Baseball, Soccer and Hockey.

Besides having a blast, this is a unique opportunity for your child to socialize with their peers outside of school while getting a healthy workout. With a variety of stimulating and exciting games, parachute, trampoline, and engaging and responsible instructors.

\$340–17 Weeks Mon–Fri 12:00-1:30

Peachtree Kickers

Mar 24–May 19

No class April 1.

Intro to Soccer | Ages 3–4

This class will focus on the basics of soccer. We will work on dribbling, trapping, passing, terminology and more.

\$128–8 Weeks Mon & Tue 4:00-4:45

T-Ball League | Ages 3–4

Opening Day is Saturday, March 8.

Children will learn to play baseball through practice and games on Saturdays. We keep the fun in fundamentals. Emphasis on learning to hit, field, throw, and run the bases. Most of all, kids will experience the joy of playing baseball. Fee includes jersey, pants, cap and player award. No draft. Create your own team with friends and classmates or your child will be assigned to a team by neighborhood and/or school. Enrollment is limited.

Current age as of January 1, 2024.

* Practice Days will be determined with team coach *

Please email me teammates or coach preference.

\$180–6 Game Season



TOMMY HOPE

Director of Recreational Ministry

📞 404.842.2167

✉️ THope@PeachtreeChurch.com

Spring Youth Basketball

Mar 14–May 4

No Games or Practice April 7–11

Keep your off-season skills sharp with our spring league. Players will meet twice a week, with one practice and one game a week. Practice on Thursdays will focus on drills and skills with the group as we hone your child's skills and help them on traits towards in-game play on Saturdays. On Saturdays, we will divide into two teams and do a live scrimmage.

* Player Age as of September 1, 2024

\$200 7 Practices / 7 Games

Co-Ed | Ages 9–11

Thu 5:00-5:55

Sat 10:00

Co-Ed | Ages 12–14

Thu 6:00-6:55

Sat 11:00

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.

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 the 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.

Registration Deadline: Monday, February 24, 2025

\$299 Mar 10–May 20

Youth Flag Football Training Camp

Ages 5–13

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 Per Session Mar 8 9:00-12:00

▶ WINTER & SPRING CAMPS

Dates & Pricing

March 3-7 | April 7-11

\$75 per day | 9:00-4:00

\$325 per week | 9:00-4:00

\$60 per day | 9:00-1:00

\$275 per week | 9:00-1:00

Gymnastics Camps

Gymnastics Funtastics Camp
Gymnastics Spring Break Camp

Sports Camps

5 Star Camp
Fun and Sports Camp

Dance Camps

Dance Spring
Break Camp

Register online at [PeachtreeGym.com](https://www.PeachtreeGym.com)



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

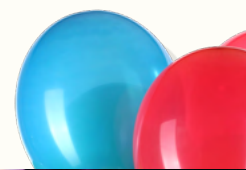
Birthday parties are 1 1/2 hours. We provide one hour of dance and dance-related games and 30 minutes in the party room. We offer Ballerina and Hip Hop party options, but if you have a Custom Party Theme in mind, we would love to work with you to make it a reality.

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**.





2025 SUMMER

	MAY 23	MAY 27-30	JUNE 2-6	JUNE 9-13	JUNE 16-20	JUNE 23-27	JUNE 30 -JULY 3	
YOUTH SPORTS CAMPS			VACATION BIBLE SCHOOL 9 AM-12 PM	BEFORE & AFTER CARE (AGES 5-12) 8 AM-9 AM 4 PM-6 PM	BEFORE & AFTER CARE (AGES 5-12) 8 AM-9 AM 4 PM-6 PM	BEFORE & AFTER CARE (AGES 5-12) 8 AM-9 AM 4 PM-6 PM	BEFORE & AFTER CARE (AGES 5-12) 8 AM-9 AM 4 PM-6 PM	
		5 STAR SPORTS (AGES 5-12) 9 AM-1 PM 9 AM-4 PM		5 STAR SPORTS (AGES 5-12) 9 AM-1 PM 9 AM-4 PM	5 STAR SPORTS (AGES 5-12) 9 AM-1 PM 9 AM-4 PM	5 STAR SPORTS (AGES 5-12) 9 AM-1 PM 9 AM-4 PM	5 STAR SPORTS (AGES 5-12) 9 AM-1 PM 9 AM-4 PM	5 STAR SPORTS (AGES 5-12) 9 AM-1 PM 9 AM-4 PM
	FUN & SPORTS (AGES 3-6) 9 AM-1 PM	FUN & SPORTS (AGES 3-6) 9 AM-1 PM		FUN & SPORTS (AGES 3-6) 9 AM-1 PM	FUN & SPORTS (AGES 3-6) 9 AM-1 PM	FUN & SPORTS (AGES 3-6) 9 AM-1 PM	FUN & SPORTS (AGES 3-6) 9 AM-1 PM	FUN & SPORTS (AGES 3-6) 9 AM-1 PM
GYMNASTICS & CHEER CAMPS		TINY TUMBLERS (AGES 3-5) 9 AM-1 PM		TINY TUMBLERS (AGES 3-5) 9 AM-1 PM	TINY TUMBLERS (AGES 3-5) 9 AM-1 PM	BOYS MINI GYM & NINJA (AGES 3-8) 9 AM-1 PM	MINI GYM & CHEER (AGES 3-5) 9 AM-1 PM	TINY TUMBLERS (AGES 3-5) 9 AM-1 PM
	TINY TUMBLERS (AGES 3-5) 9 AM-1 PM	GYMNASTICS & TUMBLING (AGES 5-12) 9 AM-1 PM 9 AM-4 PM		GYMNASTICS & TUMBLING (AGES 5-12) 9 AM-1 PM 9 AM-4 PM	GYMNASTICS & TUMBLING (AGES 5-12) 9 AM-1 PM 9 AM-4 PM	GYMNASTICS FUNTASTICS CAMP (AGES 5-12) 9 AM-1 PM 9 AM-4 PM	GYMNASTICS & CHEER (AGES 5-12) 9 AM-1 PM 9 AM-4 PM	GYMNASTICS & TUMBLING (AGES 5-12) 9 AM-1 PM 9 AM-4 PM
YOUTH DANCE CAMPS	PRINCESS FOR A DAY	PRINCESS BALLERINA (AGES 3-6) 9 AM-1 PM		ITTY BITTY HIP HOP (AGES 3-6) 9 AM-1 PM	TINY TRY-IT-ALL DANCE CAMP (AGES 3-6) 9 AM-1 PM	PRINCESS BALLERINA (AGES 3-6) 9 AM-1 PM	ITTY BITTY HIP HOP (AGES 3-6) 9 AM-1 PM	ITTY BITTY HIP HOP (AGES 3-6) 9 AM-1 PM
		TRY-IT-ALL DANCE CAMP (AGES 5-12) 9 AM-1 PM 9 AM-4 PM		HIP HOP DANCE CAMP (AGES 5-12) 9 AM-1 PM 9 AM-4 PM	TRY-IT-ALL DANCE CAMP (AGES 6-12) 9 AM-1 PM 9 AM-4 PM	MUSICAL THEATER (AGES 5-12) 9 AM-1 PM 9 AM-4 PM	HIP HOP DANCE CAMP (AGES 5-12) 9 AM-1 PM 9 AM-4 PM	HIP HOP DANCE CAMP (AGES 5-12) 9 AM-1 PM 9 AM-4 PM

Camp Refund Policy: 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.

CAMP SCHEDULE

JULY 7-11	JULY 14-18	JULY 21-25	JULY 28 -AUGUST 1	AUGUST 4-8	AUGUST 11-15	AUGUST 18-22	AUGUST 25-29
BEFORE & AFTER CARE (AGES 5-12) 8 AM-9 AM 4 PM-6 PM	BEFORE & AFTER CARE (AGES 5-12) 8 AM-9 AM 4 PM-6 PM	BEFORE & AFTER CARE (AGES 5-12) 8 AM-9 AM 4 PM-6 PM	BEFORE & AFTER CARE (AGES 5-12) 8 AM-9 AM 4 PM-6 PM				
5 STAR SPORTS (AGES 5-12) 9 AM-1 PM 9 AM-4 PM	5 STAR SPORTS (AGES 5-12) 9 AM-1 PM 9 AM-4 PM	5 STAR SPORTS (AGES 5-12) 9 AM-1 PM 9 AM-4 PM	5 STAR SPORTS (AGES 5-12) 9 AM-1 PM 9 AM-4 PM	5 STAR SPORTS (AGES 5-12) 9 AM-1 PM 9 AM-4 PM	FUN & SPORTS (AGES 3-6) 9 AM-1 PM	FUN & SPORTS (AGES 3-6) 9 AM-1 PM	FUN & SPORTS (AGES 3-6) 9 AM-1 PM
FUN & SPORTS (AGES 3-6) 9 AM-1 PM	FUN & SPORTS (AGES 3-6) 9 AM-1 PM	FUN & SPORTS (AGES 3-6) 9 AM-1 PM	FUN & SPORTS (AGES 3-6) 9 AM-1 PM	FUN & SPORTS (AGES 3-6) 9 AM-1 PM			
MINI GYM & CHEER (AGES 3-5) 9 AM-1 PM	BOYS MINI GYM & NINJA (AGES 3-8) 9 AM-1 PM	MINI GYM & CHEER (AGES 3-5) 9 AM-1 PM	TINY TUMBLERS (AGES 3-5) 9 AM-1 PM	TINY TUMBLERS (AGES 3-5) 9 AM-1 PM	TINY TUMBLERS (AGES 3-5) 9 AM-1 PM		
GYMNASTICS & CHEER (AGES 5-12) 9 AM-1 PM 9 AM-4 PM	GYMNASTICS FUNTASTICS CAMP (AGES 5-12) 9 AM-1 PM 9 AM-4 PM	GYMNASTICS & CHEER (AGES 5-12) 9 AM-1 PM 9 AM-4 PM	GYMNASTICS & TUMBLING (AGES 5-12) 9 AM-1 PM 9 AM-4 PM	GYMNASTICS FUNTASTICS CAMP (AGES 5-12) 9 AM-1 PM 9 AM-4 PM			
TINY TRY-IT-ALL DANCE CAMP (AGES 3-6) 9 AM-1 PM	PRINCESS BALLERINA (AGES 3-6) 9 AM-1 PM	ITTY BITTY HIP HOP (AGES 3-6) 9 AM-1 PM	TINY TRY-IT-ALL DANCE CAMP (AGES 3-6) 9 AM-1 PM	PRINCESS BALLERINA (AGES 3-6) 9 AM-1 PM	JUNGLE DANCE CAMP (AGES 3-6) 9 AM-1 PM		
TRY-IT-ALL DANCE CAMP (AGES 6-12) 9 AM-1 PM 9 AM-4 PM	MUSICAL THEATER (AGES 5-12) 9 AM-1 PM 9 AM-4 PM	HIP HOP DANCE CAMP (AGES 5-12) 9 AM-1 PM 9 AM-4 PM	TRY-IT-ALL DANCE CAMP (AGES 6-12) 9 AM-1 PM 9 AM-4 PM				

Before & After Care
Only available for ages 5-12 for children attending full day camps.



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

SPRING BREAK CAMPS

March 3-7
April 7-11

Summer Camp registration opens on
February 1, 2025

PRICING INFORMATION

9:00AM-4:00PM

Full Day Camp for Full Week | \$325
\$75 | Daily Rate

9:00AM-1:00PM

Half Day Camp for Full Week | \$275
\$60 | Daily Rate

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.