



WINTER / SPRING  
2026

PEACHTREEGYM.COM







# More Exercise, Less Anxiety

BY TO YOUR HEALTH



If you're feeling anxious, a little exercise may do the trick. Several mechanisms may be at play. From a physiological perspective, physical activity is known to stimulate production of "feel good" chemicals that reduce your perception of pain and increase positive feelings.

That's a win right of the bat when it comes to managing anxiety. Then there's the distraction element of exercise: when you're exercising, you don't have as much mental time or energy to focus on what's making you anxious; after all, your mental attention is turned toward executing the physical activity: running, lifting weights, etc.

New research suggests even people with chronic anxiety can benefit from exercise. Published in the Journal of Affective Disorders, the study involved nearly 300 patients with anxiety syndrome; half of the patients had suffered for 10 years or longer. Patients participated in a 12-week fitness program featuring either moderate or strenuous exercise (60-minute sessions, three times weekly); a third group served as controls and received advice only on activity according to public health recommendations.

Exercise sessions in both activity groups featured aerobic and strength training. Patients assigned to moderate-intensity exercise participated in activities designed to reach 60 percent of maximum heart rate; patients assigned to strenuous exercise performed activities designed to achieve 75 percent of maximum heart rate.

After 12 weeks, "A significant reduction in anxiety from baseline to post-treatment was observed in both treatment groups compared to the control group," with most patients reducing their anxiety from a baseline (pre-exercise) level of moderate / high to a posttreatment (after 12 weeks of exercise) of low anxiety. Interestingly, no significant differences were noted between low-intensity and higher-intensity exercise, suggesting physical activity at any level is beneficial for managing anxiety, particularly chronic anxiety.

The Staff at Peachtree Gym welcome you to come try the gym as our guest. We'd like to help you get started on an exercise regime that will help relieve anxiety and improve your overall fitness.

Contact Jan Smith at [JSmith@PeachtreeChurch.com](mailto: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



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](https://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.

**Davide Almire** | 404.310.5090

**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.





**ANDREA FISHER**

Director of Gymnastics & Cheer

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✉️ AFisher@PeachtreeChurch.com



## Winter / Spring 2026 Session

**17 Weeks of Classes | January 5–May 16**

No classes | Martin Luther King, Jr. Day (January 19) | President's Day (February 16) | Week of March 2-7 (Private School Break)  
Week of April 6-11 (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 26. Unlimited make-up classes are available through January 12–May 16.

### 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 | 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 6–May 15

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 19; 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.

**\$425-17 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.

**\$425-17 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.

**\$425-17 Weeks** 55 min

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

**Sat** 10:00-10:55

### 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.

**\$425-17 Weeks** 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.

**\$425-17 Weeks** 5:00-5:55 | 6:00-6:55



## 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.

4:30-5:25

### 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

## 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

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-Gym

\$475 Rec or Tumbling

Pricing varies based on lesson length (30, 45 or 60 minutes). Email **AFisher@PeachtreeChurch.com** for partner and group lesson rates.

\* 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



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AHarrison@PeachtreeChurch.com



## 2026-2027 Dance Classes

**17 Weeks of Classes | January 5–May 15**

No classes | Martin Luther King, Jr. Day (January 19) | President's Day (February 16) | Week of March 2–6 (Private School Spring Break)  
Week of April 6–10 (Public School Spring Break)

**Final Week of Classes | May 11-15**

**Spring Recital | May 16**

All dancers must be the appropriate age by **September 1, 2025**.

If you have an questions about level or placement for your dancer, please contact the **Dance Director** at [AHarrison@PeachtreeChurch.com](mailto:AHarrison@PeachtreeChurch.com).

### **Prorated Tuition**

Prorated tuition will begin **February**. 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.

## 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.

## End of Year Recital

The end of year recital will be held on May 16.

*\*\*Subject to change.*



# Peachtree Dance Company Performance Ensemble

## Ages 10–18 Years

The Peachtree Dance Company Performance Ensemble (PDCPE) is a performance-based ensemble for dedicated dancers age 10–18 who want to grow artistically and technically. Members train in styles like ballet, jazz, contemporary, and modern, with a focus on technique, teamwork, and stage presence. Dancers rehearse regularly and perform at special events, community engagements, and an annual showcase. PDCPE offers a supportive team-oriented environment where students gain confidence, discipline, and lasting friendships—perfect for those seeking more stage time and a deeper connection to dance.

All dancers are required to take two dance classes—any style. Please contact the Dance Director for audition information.

## Company Ensemble

**Tue** 6:00-7:30

## Preschool Lunch Bunch

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 | 3-5 Years

**Wed** 12:00-1:30

## Pre-Ballet | 3-5 Years

**Tues | Wed | Thu** 12:00-1:30

## Pre-Ballet/Tap | 3-5 Years

**Mon** 12:00-1:30

## 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.

**Thu** 1:30-2:30

## Pre-Ballet

### Ages 3-5 Years

Our Pre-Ballet class is a joyful introduction to the world of dance for our youngest dancers! In a warm and encouraging environment, children learn the basics of ballet through imaginative movement, music, and playful storytelling.

#### Each class helps develop:

- Coordination
- Balance
- Listening skills
- Creative expression

Dancers will twirl, leap, and stretch while building confidence, making friends, and learning classroom structure—all while having fun in a princess-inspired setting!

No prior experience needed. Ballet shoes, leotards, and a love of movement encouraged!

**Mon** 4:00-4:45

**Tue** 1:30-2:15 | 4:00-4:45

**Wed** 3:15-4:00

## 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. Dancers may be invited to begin the Pointe Program once they gain the proper amount of strength, alignment, and technique.

### 4–6 Years

**Mon** 4:45-5:30

### 8–10 Years

**Mon** 5:00-6:00

### 5–7 Years

**Mon** 4:30-5:30



## 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. 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 I

9+ Previous Ballet Required

**Tue 5:00-6:00**

### Ballet II

12+ Previous Ballet Required

**Thu 5:00-6:30**

### Ballet III / Pointe

**Mon 5:00-7:00**

## Modern Dance

Grounded, expressive, and full of creative energy—Modern Dance encourages dancers to move with purpose, emotion, and freedom. This class blends traditional modern techniques (like those of Graham and Horton) with contemporary styles to help dancers explore movement in a whole new way.

**In class, students will:**

- Learn foundational modern techniques and floor work
- Develop core strength, control, and fluidity
- Explore musicality, improvisation, and storytelling through movement

Modern is an excellent complement to ballet, jazz, or contemporary training, offering dancers the tools to connect more deeply with their artistry.

**\*Comfortable, form-fitting dancewear and bare feet recommended.**

### Teen

**Tue 5:00-6:00**

## Contemporary Dance

Expressive, emotional, and athletic—Contemporary Dance blends ballet, jazz, and modern movement to help dancers connect with music and tell a story through dance.

**In this inspiring class, dancers will:**

- Build strong technique with fluid, full-body movement
- Explore improvisation and emotional expression
- Improve strength, flexibility, and control

Contemporary is perfect for dancers who want to expand their artistry and grow as performers. Whether your dancer is new to the style or has experience, this class meets them where they are and challenges them to reach the next level.

**Comfortable dancewear and bare feet or lyrical shoes recommended.**

### 9–12 Years

**Wed 5:00-6:00**

### Teen / 13+ Years

**Wed 6:00-7:00**

## Jazz

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.

### 13+ Years / Teen Jazz

**Wed 5:00-6:00**

### Broadway Jazz / Musical Theatre

9+ Years

**Mon 5:30-6:30**

## Tap Dance

Get ready to make music with your feet! Our Tap class blends rhythm, coordination, and creativity to help dancers build strong musicality and timing—while having a great time.

**Students will:**

- Learn foundational tap steps and terminology
- Develop rhythm and precision through fun, age-appropriate chore
- Gain confidence, focus, and listening skills in an energetic environment

Whether your child is a beginner or has previous tap experience, this class is structured to meet dancers at their level and help them grow.

**\*Tap shoes required. Let's make some noise!**

### 10+ Years

**Thu 6:30-7:30**



## Kids Hip Hop

High-energy, full of fun, and packed with style—our Kids Hip Hop class is the perfect way for young movers to let loose and build confidence!

**In this upbeat class, dancers will:**

- Learn age-appropriate hip hop choreography
- Build rhythm, coordination, and body awareness
- Explore freestyle movement in a fun and encouraging space

No previous dance experience required! This class focuses on creativity, self-expression, and having a blast while dancing to kid-friendly music.

\*Comfortable clothes and clean sneakers are all you need to join the fun!

### 3–6 Years

Mon 4:00-4:45

### 6–8 Years

Mon 5:30-6:30

### 9+ Years

Mon 6:30-7:30

## Combo Classes

### Ballet/Jazz | 7-9 Years

Thu 3:30-4:30

### Ballet/Hip Hop | 9-11 Years

Thu 5:30-6:30

# YOUTH SPORTS

**JEFF HARDWICK**

Director of Sports

📞 404.842.2576

✉ JHardwick@PeachtreeChurch.com



## Lunch Bunch

Jan 6–May 15

PPC Preschool Students Only. No classes on preschool holidays.

### Fun & Sports Lunch Bunch | Ages 3–5

Fun and Sports will introduce your child to the most popular sports: 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. We will also play games that help create imagination and development skills, with games we have created here like Noodle Tag, Hula Hoop Races, Red Light Green Light, etc. Class is taught by our staff of engaging and responsible instructors.

**Please pack your child a labeled lunch and water bottle.**

\*\*\*MUST BE FULLY POTTY TRAINED. No pullups or diapers.\*\*\*

**\$340–17 Weeks Mon–Fri 12:00–1:25**

### Fun and Sports Extended Day | Ages 5–6

Coaches from the sports department. We'll 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.

**\$340–17 Weeks Wed–Thu 1:20–2:25**

## Total MVP

Jan 7–May 16

### Lunch Bunch | Ages 5–6

Total Sports MVP is a class for our future athletes. We will do drills and work on skills to help develop and our future Athletes.

**\$340 Fri 12:00–1:30**

## Gloves Up!

Jan 12–Mar 16

No class February 18 or March 4.

### Intro to T-Ball | Ages 3–4 | Indoor Class

This class will focus on the basic 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.

\* Player Age must be 3 by the start of the class.

**\$160–8 Weeks Wed 4:00–4:45**



## MVP Sports Classes

Jan 13–Mar 17

No classes March 2-6, April 6-10

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 | Age 2

\*Parent Participation

**\$160–8 Weeks** Session 1 Jan 12–Mar 16  
**\$160–8 Weeks** Session 2 Mar 2–May 18

Mon | Tue | Fri 9:30–10:00

### Minors | Age 3–5

**\$320–16 Weeks** Jan 12–May 18

Mon | Tue | Thu 10:30–11:15  
Tue | Wed | Thu 3:00–3:45

### Majors | Age 4–6

**\$200–10 Weeks** Mar 9–May 10

Tue | Wed | Thu  
4:00–4:55 | 5:00–5:45

## Spring Basketball League

Mar 12–May 2

No Games or Practice April 9 and 11

Spring basketball leagues are a fantastic way for basketball enthusiasts to come together and enjoy the game in a fun and competitive environment. As the winter season fades away, the warmer weather brings with it the opportunity for players to hit the courts and showcase their skills. These leagues often attract players of all ages and skill levels, providing a platform for both seasoned veterans and newcomers to engage in the sport they love. **Registration deadline is March 7.**

\*Player Age as of January 1, 2026.

**\$225** 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

### T-Ball League | Ages 3–4

Opening Day is Saturday, March 21.

Children will learn to play baseball through practice during the week and games at the Garden Hills Elementary Fields on Saturdays. We keep the fun in the fundamentals, emphasizing learning to hit, field, throw, and run the bases. Most of all, kids will experience the joy of playing baseball. The fee includes a jersey, pants, cap, and player award. There is no draft. You can 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. **Registration deadline is March 13.**

Please email Jeff Hardwick teammates or coach preference.

\*Player Age as of March 1, 2026. Practice Days will be determined with team coach.\*

**\$190–6 Game Season**

## Peachtree Kickers

Mar 24–May 14

No class April 7-11.

### Intro to Soccer | Ages 3–4

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

**\$160–8 Weeks** Mon & Tue 4:00–4:45

## Custom Classes

Do you have a group of at least 5 kids from the neighborhood or school that you want to get together once a week for guided activity and fun? Look no further than the staff at Peachtree Gym.

No matter the weather. With an indoor facility and all the equipment, we can guarantee a great environment for your kids to bond and learn teamwork.

For more information, please reach out to Jeff Hardwick, [JHardwick@PeachtreeChurch.com](mailto:JHardwick@PeachtreeChurch.com) or call 404.842.2576.

**\$20 | PER CLASS**

**\$160–8 Weeks**

**\$240–12 Weeks**



## 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 23, 2026

**\$299** Mar 9–May 21

## 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 7 9:00-12:00

# ► SPRING CAMPS

## Dates & Pricing

March 2-6 | April 6-10

\$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 Spring Break Camp

### Sports Camps

5 Star Camp  
Fun and Sports Camp

### Dance Camps

Dance Spring Break Camp

Register online at **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](mailto:JHardwick@PeachtreeChurch.com) or **404.842.2576**.

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







# 2026 SUMMER

	MAY 21-22	MAY 26-29	JUNE 1-5	JUNE 8-12	JUNE 15-18	JUNE 22-26	JUNE 29-JULY 3
YOUTH SPORTS CAMPS		BEFORE & AFTER CARE (AGES 5-12) 8 AM-9 AM 4 PM-6 PM	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
	FUN & SPORTS (AGES 3-6) 9 AM-1 PM	5 STAR SPORTS (AGES 6-12) 9 AM-1 PM 9 AM-4 PM		5 STAR SPORTS (AGES 6-12) 9 AM-1 PM 9 AM-4 PM	5 STAR SPORTS (AGES 6-12) 9 AM-1 PM 9 AM-4 PM	5 STAR SPORTS (AGES 6-12) 9 AM-1 PM 9 AM-4 PM	5 STAR SPORTS (AGES 6-12) 9 AM-1 PM 9 AM-4 PM
GYMNASTICS & CHEER CAMPS		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
		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
YOUTH DANCE CAMPS		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 & 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
		PRINCESS BALLERINA (AGES 3-6) 9 AM-1 PM		PRINCESS BALLERINA (AGES 3-6) 9 AM-1 PM	HALF DAY STEP INTO STYLES (AGES 3-10) 9 AM-1 PM	HALF DAY MUSICAL THEATER (AGES 5-12) 9 AM-1 PM	HALF DAY POP STAR CAMP (AGES 3-6) 9 AM-1 PM
					FULL DAY STEP INTO STYLES (AGES 6-10) 9 AM-4 PM	FULL DAY MUSICAL THEATER (AGES 6-10) 9 AM-4 PM	FULL DAY POP STAR CAMP (AGES 6-10) 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 6-10	JULY 13-17	JULY 20-24	JULY 27-31	AUGUST 3-7	AUGUST 10-14	AUGUST 18-22	AUGUST 25-29
<b>BEFORE &amp; AFTER CARE</b> <b>(AGES 5-12)</b> 8 AM-9 AM 4 PM-6 PM	<b>BEFORE &amp; AFTER CARE</b> <b>(AGES 5-12)</b> 8 AM-9 AM 4 PM-6 PM	<b>BEFORE &amp; AFTER CARE</b> <b>(AGES 5-12)</b> 8 AM-9 AM 4 PM-6 PM	<b>BEFORE &amp; AFTER CARE</b> <b>(AGES 5-12)</b> 8 AM-9 AM 4 PM-6 PM				
<b>5 STAR SPORTS</b> <b>(AGES 6-12)</b> 9 AM-1 PM 9 AM-4 PM	<b>5 STAR SPORTS</b> <b>(AGES 6-12)</b> 9 AM-1 PM 9 AM-4 PM	<b>5 STAR SPORTS</b> <b>(AGES 6-12)</b> 9 AM-1 PM 9 AM-4 PM	<b>5 STAR SPORTS</b> <b>(AGES 6-12)</b> 9 AM-1 PM 9 AM-4 PM	<b>FUN &amp; SPORTS</b> <b>(AGES 3-6)</b> 9 AM-1 PM	<b>FUN &amp; SPORTS</b> <b>(AGES 3-6)</b> 9 AM-1 PM		
<b>FUN &amp; SPORTS</b> <b>(AGES 3-6)</b> 9 AM-1 PM	<b>FUN &amp; SPORTS</b> <b>(AGES 3-6)</b> 9 AM-1 PM	<b>FUN &amp; SPORTS</b> <b>(AGES 3-6)</b> 9 AM-1 PM	<b>FUN &amp; SPORTS</b> <b>(AGES 3-6)</b> 9 AM-1 PM				
<b>MINI GYM &amp; CHEER</b> <b>(AGES 3-5)</b> 9 AM-1 PM	<b>BOYS MINI GYM &amp; NINJA</b> <b>(AGES 3-8)</b> 9 AM-1 PM	<b>MINI GYM &amp; CHEER</b> <b>(AGES 3-5)</b> 9 AM-1 PM	<b>TINY TUMBLERS</b> <b>(AGES 3-5)</b> 9 AM-1 PM	<b>TINY TUMBLERS</b> <b>(AGES 3-5)</b> 9 AM-1 PM	<b>TINY TUMBLERS</b> <b>(AGES 3-5)</b> 9 AM-1 PM		
<b>GYMNASTICS &amp; CHEER</b> <b>(AGES 5-12)</b> 9 AM-1 PM 9 AM-4 PM	<b>GYMNASTICS &amp; TUMBLING</b> <b>(AGES 5-12)</b> 9 AM-1 PM 9 AM-4 PM	<b>GYMNASTICS &amp; CHEER</b> <b>(AGES 5-12)</b> 9 AM-1 PM 9 AM-4 PM	<b>GYMNASTICS &amp; TUMBLING</b> <b>(AGES 5-12)</b> 9 AM-1 PM 9 AM-4 PM	<b>GYMNASTICS &amp; TUMBLING</b> <b>(AGES 5-12)</b> 9 AM-1 PM 9 AM-4 PM			
<b>PRINCESS BALLERINA</b> <b>(AGES 3-6)</b> 9 AM-1 PM	<b>HALF DAY STEP INTO STYLES</b> <b>(AGES 3-10)</b> 9 AM-1 PM	<b>HALF DAY MUSICAL THEATER</b> <b>(AGES 5-12)</b> 9 AM-1 PM	<b>HALF DAY POP STAR CAMP</b> <b>(AGES 3-6)</b> 9 AM-1 PM	<b>PRINCESS BALLERINA</b> <b>(AGES 3-6)</b> 9 AM-1 PM			
	<b>FULL DAY STEP INTO STYLES</b> <b>(AGES 6-10)</b> 9 AM-4 PM	<b>FULL DAY MUSICAL THEATER</b> <b>(AGES 6-10)</b> 9 AM-4 PM	<b>FULL DAY POP STAR CAMP</b> <b>(AGES 6-10)</b> 9 AM-4 PM				

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

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.





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 2–6  
April 6–10

Summer Camp registration opens on  
**February 1, 2026**

## 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.