




(770) 716-5755





SEPTEMBER SCHEDULE

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
5:30a		 Linda		 Falinda		
8:15a	CARDIO FUSION Jodi		MUSCLE CHALLENGE Lois		FREESTYLE STEP Lois	 Jennifer
9:15a	 Jodi	AWESOME ABS Beth		AWESOME ABS Jodi	PILATES MAT PLUS Lois	AWESOME ABS Jennifer
9:30a		MUSCLE CHALLENGE Beth	 Julie	MUSCLE CHALLENGE Jodi		 Kareen
10:35a	SilverSneakers® MSROM Jodi	 HEART SMART Lois	SilverSneakers® MSROM Beth	 HEART SMART 20/20/20 Lois	SilverSneakers® MSROM Falinda	PILATES MAT PLUS Lois
5:15p	AWESOME ABS Carla		AWESOME ABS Lois			
5:30p	 Carla	 Falinda	MUSCLE CHALLENGE Lois	 Carla	 Carla	
6:30p	 Carla	PILATES MAT PLUS Lois		 Kareen	KICKBOXING Carla	

CYCLE STUDIO

5:15a	CYCLE ZONE Kristi				CYCLE ZONE Kristi	
8:15a		CYCLE ZONE Janet		CYCLE ZONE Lois / Sheila		
9:30a			CYCLE ZONE Renee R.			CYCLE ZONE Lisa
6:30p	 Sheila		CYCLE ZONE Lois			

STUDIO "B"

8:15a	 Falinda					
8:30a			YOGA Beth			YOGA - Toni (75 Minutes)
10:35a	 HEART SMART Functional Fitness Beth		 Colleen		 HEART SMART Functional Fitness Lois	
6:30p		PILATES MAT Julie				