

(770) 631-8004

SEPTEMBER SCHEDULE

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
5:15am		Fitness Fusion Lois		Fitness Fusion Suzie		
6:30am	Muscle Challenge Donna / Lois	ACTIVE Toni	Pilates Mat Donna	ACTIVE Toni	Muscle Challenge Amy / Linda	
8:15am	POWER Cheryl	STEP Kristen	Muscle Challenge Cheryl	STEP Summer	POWER Meg B	ACTIVE Amy
9:30am	STEP Meg B.	Pilates Mat Plus Mary Catherine	STEP Kristen	CENTERGY Mary Catherine	STEP Jodi	KICK Carla
10:30am	Muscle Challenge Lois	ZUMBA Linda B	POWER Kristen	groove Jamie	ZUMBA Crystal	CENTERGY Carla
11:35am	HEART SMART Debbie D.	ZUMBA Linda B	HEART SMART Debbie D.		HEART SMART Jodi	SUNDAY 4PM
4:30pm	ACTIVE Julie / Laura	STEP Amy	ZUMBA Kareen	ACTIVE Linda	(See cycle schedule below for Friday 4:30pm class)	ACTIVE Toni
5:30pm	POWER Jodi	Pilates Mat Plus Vickie	POWER Carla	CENTERGY Linda F.	POWER Holly / Kristen P.	SUNDAY 5PM Yoga- Merilee (75 minutes)
6:30pm	STEP Suzie	Kickboxing Renee G.	STEP Summer / Laura	Kickboxing Renee G.	groove Kareen	
7:35pm	ZUMBA Kareen	ACTIVE Carla	CENTERGY Summer / Laura	Yoga Merilee		

CYCLE STUDIO

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
5:15am		Heart Zones Cycle Scott			Heart Zones Cycle Scott	
5:30am	RIDE Joe		Heart Zones Cycle Joe			
8:15am		RIDE Jodi		Heart Zones Cycle Meg W.		Heart Zones Cycle Lois
9:30am	Heart Zones Cycle Renee R.		Heart Zones Cycle Cheryl		RIDE Tamara	Heart Zones Cycle Renee R
12:15pm	Heart Zones Cycle Lois		Heart Zones Cycle Jodi		Heart Zones Cycle Jamie	
4:30pm					RIDE Carol	SUNDAY 5PM
6:35pm	Heart Zones Cycle Meg W.		RIDE Holly			RIDE Carla

STUDIO "B"

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
11:00am		SilverSneakers® MSROM- Toni		SilverSneakers® MSROM- Julie		
7:15pm		Bellydance Crystal / Rachel				