

Group Fitness Classes

JULY - SEPTEMBER 2019

FOR QUESTIONS PLEASE CALL 770-793-7300

Please note: Class times are 60 minutes unless otherwise noted. Instructors and classes are subject to change.

AEROBICS ROOM 1: UPSTAIRS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
				6 a.m. Group Centergy – LISA		
	7:45 a.m. Beginning Tai Chi – JAY		7:45 a.m. Tai Chi II – JAY			
	9 a.m. Tai Chi – JAY	9 a.m. Group Centergy – LISA	9 a.m. Tai Chi – JAY	9 a.m. Therapeutic Chair Yoga REGINA	9 a.m. (75m) Dynamic Vinyasa Flow VICKI	
10:15 a.m. Gentle Yoga – GWEN	* 10:15 a.m. Gentle Yoga – TBA	* 10:30 a.m. Therapeutic Chair Yoga – TBA	10:15 a.m. Flex & Stretch – LAURA	10:15 a.m. Pilates – CINDY	10:30 a.m. (75m) Yin/Yang Fusion Flow VICKI	
11:30 a.m. Fit Generation II – GLORIA	11:30 a.m. (75m) Power Pilates – CINDY	11:30 a.m. Fit Generation II – DONNA	11:30 a.m. (75m) Yin Yoga – MEG	11:30 a.m. Fit Generation II – GLORIA		
12:45 p.m. (45m) Fit Generation I – GLORIA		12:45 p.m. (45m) Fit Generation I – DONNA		12:45 p.m. (45m) Fit Generation I – GLORIA		
		1:45 p.m. Barre – DANIELLE	1:45 p.m. Group Centergy – NAUSHEEN			2 p.m. (75m) Slow Vinyasa Flow – VICKI
5 p.m. (75m) Dynamic Vinyasa Flow VICKI	5 p.m. (75m) Yoga Stretch – DONNA	5 p.m. (75m) Beginning Hatha Yoga VICKI				
6:30 p.m. (75m) Yin/Yang Fusion Flow VICKI	6:30 p.m. Barre – DONNA	6:30 p.m. (75m) Slow Vinyasa Flow VICKI				

AEROBICS ROOM 2: DOWNSTAIRS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6 a.m. SCULPT – LISA	6 a.m. SCULPT – LISA	6 a.m. SCULPT – LISA		6 a.m. Cardio Kickbox – LAMAR		
8:15 a.m. R.I.P.P.E.D. – LISA	8:15 a.m. Chiseled Abs & More LISA			* 8:15 a.m. Cardio Strength – JANICE	8:30 a.m. (75m) PowerBox – LAMAR	
* 9:30 a.m. Muscle Madness JESSICA F.	9:30 a.m. (75m) Zumba POWER CINDY	9:30 a.m. Tri-Fit – LYNN	9:30 a.m. Muscle Madness JESSICA F.	9:30 a.m. (45m) Zumba – CINDY		
					10:15 a.m. Group Power MARYANN/NAUSHEEN	
						11 a.m. Performance Plus – LAMAR
		12:30 p.m. Total Body S&C – NAUSHEEN				
4:30 p.m. Cardio Tone – JEN	4:30 p.m. Group Power – NAUSHEEN	4:30 p.m. Performance Plus – LAMAR	4:30 p.m. ZUMBA® – CLAIRE	4:30 p.m. Circuit Works – LAMAR		
5:45 p.m. ZUMBA® – CLAIRE	5:45 p.m. (45m) Cardio Fusion – NAUSHEEN	5:45 p.m. Step & Tone – LYNN	5:45 p.m. Group Power – MARYANN	5:45 p.m. Kick Step – LAMAR		
		7 p.m. Group Power – DAVID				

* Denotes newly added or modified classes.

Monday – Friday
4:45 a.m. – 10 p.m.

Saturday
8 a.m. – 6 p.m.

Sunday
8 a.m. – 6 p.m.

