

# Group Fitness Classes

# September 2020

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
<b>10:30 AM</b> <i>Fit Generation I- Gloria</i>					<b>9:00 AM</b> <i>Dynamic Vinyasa Vicki</i>	
<b>12:00 PM</b> <i>Fit Generation II Gloria</i>	<b>10:00 AM</b> <i>Yin Yoga Meg</i>	<b>10:30 AM</b> <i>Fit Generation I- Donna</i>	<b>10:00 AM</b> <i>Yin Yoga Meg</i>	<b>10:30 AM</b> <i>Fit Generation I Gloria</i>	<b>10:30 AM</b> <i>Yin/Yang Fusion Flow Vicki</i>	
	<b>11:30 AM</b> <i>Chair Yoga Vicki</i>	<b>12:00 PM</b> <i>Fit Generation II Donna</i>	<b>11:30 AM</b> <i>Fit Generation II Patti</i>	<b>12:00 PM</b> <i>Fit Generation II Gloria</i>		
<b>5:00 PM</b> <i>Dynamic Vinyasa Flow-Vicki</i>		<b>1:45 PM</b> <i>Barre Danielle S</i>				<b>2:00 PM</b> <i>Slow Vinyasa flow Vicki</i>
<b>6:30 PM</b> <i>YinYang - Vicki</i>	<b>4:00 p.m. (50m)</b> <i>Barre – Danielle S.</i>	<b>5:00 p.m. (75m)</b> <i>Beginning Hatha Yoga Vicki</i>	<b>4:00 PM(50min)</b> <i>Barre- Danielle S.</i>			
		<b>6:30 PM</b> <i>Slow Vinyasa Flow Vicki</i>				



Sign-up genius QR Code and Link Here

## AEROBICS ROOM 2: DOWNSTAIRS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>5:30 AM</b> <i>SCULPT Jeremiah</i>		<b>5:30 AM</b> <i>SCULPT Laura</i>		<b>5:30 AM</b> <i>SCULPT Laura</i>		
	<b>9:30 AM</b> <i>Muscle Madness Lynn</i>		<b>9:30 AM</b> <i>Muscle Madness Lynn</i>			
<b>4:00 PM</b> <i>Muscle Madness Martha</i>						
<b>5:30 PM</b> <i>Cardio Tone Lynn</i>	<b>5:30 PM</b> <i>Zumba- Claire</i>		<b>5:30 PM</b> <i>Zumba- Claire</i>			

**Monday – Friday**  
**4:45 a.m. – 9 p.m.**

**Saturday**  
**8 a.m. – 5 p.m.**

**Sunday**  
**8 a.m. – 5 p.m.**