



Current: August 2016  
706.529.7867

<b>Group X Classes</b>
<b>Spin Classes</b>

	Monday	Tuesday	Wednesday	Thursday	Saturday
<b>5:15am-6:00am</b>		Zunrise Zumba *Elsa		Zunrise Zumba *Elsa	
<b>5:40am-6:40am</b>	Morning Spin *Kristy		Morning Spin *Kristy		
<b>9:00am-10:00am</b>		Spin Rock *Rosemary			Zumba *Elsa
<b>9:30am-10:30am</b>		Yoga *Dee	Mat Works *Dee		
<b>10:00am-11:00am</b>					Spin Rock *Rosemary
<b>11:00am-12:00pm</b>	Circuit *Dee	Silver Sneakers *Rosemary		Silver Sneakers *Rosemary	
<b>12:00pm-1:00pm</b>	Pilates *Dee				
<b>5:30pm-6:30pm</b>	Spin *Courtney	Boot Camp *Dee		Cardio Sculpt *Dee	
				Spin *Courtney	
<b>5:40pm-6:40pm</b>	Body Fit *Stacey				
<b>6:15pm-7:15pm</b>				Pilates *Dee	
<b>6:30pm-7:30pm</b>	Zumba *Elsa	Pilates *Dee	Zumba Toning *Elsa	80's Spin *DJ Angie	
		Hip Hop Spin *DJ Angie			

\*All classes are FREE to members, unless stated otherwise.  
\*\$5 for non-members.