

McDonough Location

November 2024

AM Classes	Studio 1						
TIME	MON	TUE	WED	THURS	FRI	SAT	SUN
5:30am	BODYPUMP Kristina P.				BODYPUMP Kristina P.		
	HIIT Krista	HIIT Tasha	HIIT Keith	HIIT Tasha	Step Circuit Lindsey	Step Lindsey	
9:30am	BODYPUMP Falinda	Pilates LaWanda	BODYPUMP Christy	Yoga Lisa	HIIT 45 min Lindsey	BODYPUMP Lindsey	
	Silver Sneakers Classic-Falinda	Silver Sneakers Classic-LaWanda	ForeverFit Penelope	Silver Sneakers Classic-Penelope	Yogalates Caroline	Yoga Liz	
11:30am			Sr. Stretch Penelope			Zumba Carla	
PM Classes							
5:30pm	Step Lindsey	BODYCOMBAT Lindsey	Zumba Mati	BODYPUMP Kristina L.			
	BODYPUMP Lindsey	CORE blast 30min Lindsey	BODYPUMP Kristina L.	XtremeHipHop STEP Cynthia			
7:00pm		HIIT Keith					
7:30pm	YOGA Tracy P.		YOGA Tracy P.				
	<b>Aqua</b>						
9:30am	Aqua Fit Christy	Aqua Dance Lisa	Aqua Dance Lisa	Aqua Fit Christy		Adult Swim Lessons <b>Beginners</b>	
						Adult Swim Lessons <b>Intermediate</b>	
<b>Cycle</b>							
5:45am		Club Spin Fritz	Club Spin Delisha	Club Spin Fritz			
	Club Spin Tiffany		Club Spin Tiffany			Club Spin Dontavius	
5:30pm			Club Spin Trisha				
6:00pm	Club Spin Cortez						
		Club Spin Dontavius		Club Spin Ausha			
<b>Club Hours:</b>				<b>770-957-0804</b>		<b>Kid's Club Hours</b>	
Mon-Thurs: 5am to 11pm.				Mon-Fri: 8am - 2pm/4pm to 8pm			
Friday: 5am to 10pm.				Sat & Sun: 8am to 1pm			
Sat & Sun 8am to 6pm							
 <p><b>FITNESS2020</b> CREATE YOUR OWN VISION</p>							
