

McDonough Location							OCTOBER 2024	
AM Classes	Studio 1							
TIME	MON	TUE	WED	THURS	FRI	SAT	SUN	
5:30am	BODYPUMP				BODYPUMP			
	Kristina P.				Kristina P.			
8:30am	HIIT	HIIT	HIIT	HIIT	Step Circuit	Step		
	Krista	Tasha	Keith	Tasha	Lindsey	Lindsey		
9:30am	BODYPUMP	Pilates	BODYPUMP	Yoga	HIIT 45 min	BODYPUMP		
	Falinda	LaWanda	Christy	Lisa	Lindsey	Lindsey		
10:30am	Silver Sneakers	Silver Sneakers	ForeverFit	Silver Sneakers	Yogalates	Yoga		
	Classic-Falinda	Classic-LaWanda	Penelope	Classic-Penelope	Caroline	Liz		
11:30am			Sr. Stretch			Zumba		
			Penelope			Carla		
PM Classes								
5:30pm	Step	BODYCOMBAT	Zumba	BODYPUMP				
	Lindsey	Lindsey	Mati	Kristina L.				
6:30pm	BODYPUMP	CORE blast 30min	BODYPUMP	XtremeHipHop STEP				
	Lindsey	Lindsey	Kristina L.	Cynthia				
7:00pm		HIIT						
		Keith						
7:30pm	YOGA		YOGA					
	Tracy P.		Tracy P.					
Aqua								
9:30am	Aqua Fit	Aqua Dance	Aqua Dance	Aqua Fit		Adult Swim Lessons		
	Christy	Lisa	Lisa	Christy		Beginners		
10:30am						Adult Swim Lessons		
						Intermediate		
Cycle								
5:45am		Club Spin	Club Spin	Club Spin				
		Fritz	Delisha	Fritz				
9:30am	Club Spin		Club Spin			Club Spin		
	Tiffany		Tiffany			Dontavius		
5:30pm			Club Spin					
			Trisha					
6:00pm	Club Spin							
	Cortez							
7:00pm		Club Spin		Club Spin				
		Dontavius		Ausha				
Club Hours:				770-957-0804		Kid's Club Hours		
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								
 <small>CREATE YOUR OWN VISION</small>								
