

McDonough Location				AUGUST 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-Tanya	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>							
