

McDonough Location

December 2024

AM Classes	Studio 1						
TIME	MON	TUE	WED	THURS	FRI	SAT	SUN
5:30am	BODYPUMP				BODYPUMP		
	Kristina P.				Kristina P.		
8:30am	ASK	ABOUT		TRAINING	Step Circuit	Step	
					Lindsey	Lindsey	
9:30am	BODYPUMP	Pilates	BODYPUMP	Yoga	Interval 45min	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			
7:30pm	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							
 CREATE YOUR OWN VISION							
