

TIME	MON	TUES	WED	THURS	FRI	SAT	SUN
5:30 am		GROUP XPOWER RACHEL		GROUP XPOWER RACHEL			
8:45 am	GROUP STEP LAURA	GROUP ACTIVE™ LAURA	GROUP STEP LAURA	GROUP ACTIVE™ DAVID / TEAM	GROUP STEP LAURA		
9:00 am	ZUMBA SHARI		aquatics LAURINA		aquatics ERYN	GROUP STEP MARGARET	
9:45 am	GROUP XPOWER DAVID	GROUP CENTERGY™ LAURA	GROUP XPOWER DAVID	GROUP CENTERGY™ DEENA	GROUP XPOWER DAVID		
10:00 am						GROUP XPOWER MARGARET	
10:45 am							
11:00 am	Seniors LAURINA	ZUMBA gold LAURINA	Seniors STEPHANIE	ZUMBA finest LAURINA	Seniors LAURINA	GROUP CENTERGY™ JESSI / LYNSAY	
12:00 pm	<p>Experience this total body workout utilizing resistance and cardio training, which masterfully combines Resistance, Intervals, Power, Plyometrics, and Endurance.</p> <p>COMING FEBRUARY 24TH PART OF AFX BOOT CAMP</p>					ZUMBA toning MERCEDES/TAINA	
1:30 pm							GROUP ACTIVE™ LAURA
2:30 pm							ZUMBA CARI
3:30 pm		ZUMBA Atlanta LAURINA		ZUMBA Atlanta LAURINA		<h2>BOOT CAMP</h2> <p><b>35 CLASSES FOR ONLY \$99</b></p> <p><b>10 PACK IS BACK!!!</b></p> <p><b>\$75 FOR 10 CLASSES</b></p> <p>SEE FRONT DESK FOR DETAILS</p>	
4:30 pm	GROUP STEP MARGARET	GROUP CENTERGY™ DEENA	GROUP STEP LAURA / GLENNISE	GROUP CENTERGY™ LYNSAY	ZUMBA toning SHARI		
5:30 pm	GROUP XPOWER MARGARET	GROUP STEP GLENNISE	GROUP XPOWER JERRY ANN	GROUP STEP MARGARET	GROUP XPOWER GLENNISE		
6:30 pm	GROUP CENTERGY™ DEENA	ZUMBA finest MERCEDES	GROUP ACTIVE™ MARGARET	GROUP KICK™ JERRY ANN	GROUP CENTERGY™ DEENA		
7:30 pm	ZUMBA finest TAINA	GROUP KICK™ WALT	ZUMBA finest MERCEDES	ZUMBA finest MERCEDES			

## GROUP CYCLE

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:30 am	GROUP RIDE HEIDI		GROUP RIDE AMBER		GROUP RIDE ARLINDA		
8:15 am						GROUP RIDE STEPHANIE	
8:45 am		GROUP RIDE YVONNE		GROUP RIDE STEPHANIE			
6:30 pm	GROUP RIDE STEPHANIE		GROUP RIDE TAMMY				
7:00 pm		GROUP RIDE ARLINDA		GROUP RIDE TAMMY			

### Atlanta Fitness

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