

August 2025

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
KETTLEBELL 5:45 AM JIM		KETTLEBELL 5:45 AM JIM		KETTLEBELL 5:45 AM JIM
GROUP POWER 8:00 AM PAM	DANCE AEROBICS 8:00 AM JEAN	BOOTCAMP/FREESTYLE 8:00 AM TESS!!/ PAM	DANCE AEROBICS 8:00 AM JEAN	AMRAPs,EMOMS AND MORE!! (AEM CLASS) TAMY NEW!!
YOGA 9:00 AM TINA / ANGIE	Explore Yoga 9:00AM RHIANNA SPIN 9:00AM DENISE	YO-FLEX 9:00 AM TINA	GROUP POWER 9:00 AM PAM	SPIN AND SCULPT / HIIT 9:00 AM DENISE
SENIOR FITNESS 10:00AM CAROL ANN		SENIOR FITNESS 10:00 AM Cherry	XCO LATIN WITH YURI! NEW! Ask about sign up at front desk!	SENIOR FITNESS 10:00AM CAROL ANN
CARDIO KICK 12:00 PM Pam	GROUP POWER 12:00 PM Pam	RUSSIAN KETTLEBELL 12:00Pm Ask about sign up at front desk!	GROUP POWER 12:00 PM PAM	Instructor's Choice IT'S BABY TIME FOR MEGAN! 12:00 PM TESS, TINA, PAM Core focus and Deep Stretch
	SCULPT 1:00pm PATTY	SCULPT 1:00 PM PATTY	BINGO! 1pm 8/21	SHUFFLE BOARD ! 1-3PM
ZUMBA!! 5:15 pm Liz	SCULPT 4:30PM DAWN			NOW ON SATURDAYS XCO WITH YURI @ 10:00AM MEMBERS \$4.00 PER CLASS WALKI-NS! \$10.00!
GROUP POWER 6:30 PM TESS!		XCO LATIN WITH YURI! 5PM NEW!! Ask about sign up at front desk!	GROUP POWER 6:00 PM TESS!	
	NEW/CANCELLED CLASS ALERT: TEXT 1(706) 371-3531 to be put in our Class Update group text!!			