



Free Personal Training*

Certified and Nationally Accredited fitness professionals will give you all the assistance you need to make fitness work and achieve your specific fitness goals!

*HURRY! Personal training sessions are subject to trainers' by appointment availability. Limited time offer! See a Wildwood Athletic Club associate for details.

CLUB HOURS

Monday – Thursday	5:30 am – 9:00 pm
Friday	5:30 am – 8:00 pm
Saturday	9:00 am – 2:00 pm
Sunday	11:00 am – 4:00 pm

Look Better! Feel Better! Live Longer!



Wildwood Athletic Club • 2300 Windy Ridge Parkway • Atlanta, Georgia 30339 • Phone 770.953.2120

