



2300 Windy Ridge Parkway
Atlanta, GA 30339
770.953.2120

Group Fitness Schedule January 2014



MON	TUE	WED	THU	FRI
		6:15am Spin w/ Walter Studio B		6:15am Spin w/ Walter Studio B
	12:05pm CrosSpInterval w/ Amy	12:15pm Zumba or Muscle Mix	12:00pm Kick Boxing w/ Enphiniti Studio A	12:05pm Boot Camp w/ Warin Studio A
12:05pm Cardio Fusion w/ Sam Studio A	12:05pm Pilates Mat w/ Adri Studio A			
	*1:05 p.m. T-N-T w/ Travis Studio A		*1:05 p.m. T-N-T w/ Travis Studio A	
		<i>IT'S BACK!!!</i> 5:30pm Water Aerobics w/ Adri Pool		
5:15pm Flex N' Tone w/ Mesha Studio A	5:30 p.m. Zumba w/ Donna Studio A		5:30pm Pilates w/ Adri Studio A	5:45pm Yoga For Fitness w/ Tina Studio A
	6:00pm Interval Spin w/ Peter Studio B	5:45pm Cardio Combo w/ Latonia Studio A	6:00pm Power Spin w/ Amy Studio B	
6:15pm Yoga for Fitness w/ Laura Studio A				

We welcome your comments concerning the group fitness schedule at
wacwellness@gmail.com
 * Denotes fee for class