

EXERCISE CLASS SCHEDULE

HOURS

Monday – Thursday: 6 a.m. to 8 p.m.

Friday: 6 a.m. to 6 p.m.

Saturday: 7:30 a.m. to 2 p.m.

Sunday: 1 p.m. to 5 p.m.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
8:30 a.m. Yoga	8 a.m. Zumba	8 a.m. Pilates	8 a.m. Zumba	8 a.m. Yoga	9:30 a.m. CircuitFit	2 p.m. SilverSneakers®
10 a.m. Core Class	8:30 a.m. Body Sculpting	9 a.m. Yoga	8:30 a.m. Cardio Fit	9 a.m. Pilates	10:30 a.m. Zumba	
5:30 p.m. Zumba	9:15 a.m. Better Balance	10 a.m. On the Ball	9:15 a.m. Better Balance	10 a.m. Stay Strong		
6:15 p.m. Abs Class	4:30 p.m. Yoga	5:30 p.m. Zumba	4:30 p.m. Yoga-lates	3 p.m. SilverSneakers®		
	5:30 p.m. Zumba	6:15 p.m. Abs Class	5:30 p.m. Zumba			

*We reserve the right to change the exercise schedule as needed, substitute instructors and limit the number of participants.
Please call **770.719.7290** if you'd like to verify the status of a class.*

FITNESS CENTER

1250 Highway 54, Suite 200
Fayetteville, Georgia 30214
P: **770.719.7290**, option #2



piedmontfayette.org