	Monday			Tuesday		Wednesday		Thursday		Friday		Saturday
	Colleen Alrutz	Inst CA	ructors	LeighAnn Jones LAJ							<b>1</b> 8:15am	Cycle LAJ
	Carrie Chambless	CC		Laurina Bless LB		March					9:15am	Power Hour <i>LAJ</i>
	Coty Noojin	Coty		Lori Lovett LL							10:30am	Zumba <i>LB</i>
	Debby Charlesworth	DC		Michelle Yawn MY								
	Dee Glazier	DG		Roseanne Malone RAM		Piedmont						
	Jennifer Dreyer	JD		Smith Pass SP		Pleamont						
	Jessica Griffith Jill McKnight	JG JMC		Suzie Dozier <i>SD</i> Vivian Dunn <i>VD</i>		NEWNAN						
	Kimberly Williams			Yvette Monet YM		FITNESS CENTER						
	Tunnerry Winding			Loren Taylor LT	-							
3			4	•	5		6		7		8	
5:45am	Rise and Shine	LB	8:30am	Power Hour JMC	5:45am	Rise and Shine		Power Hour DG	9:00am	Killer Combo Jo	8:15am	Cycle JD
9:00am	Step	MY	9:30am	Zumba <i>KW</i>	9:00am	Step Circuit		Zumba <i>KW</i>	10:35am	SilverSneakers® Circuit Jo		Power Hour JD
10:00am	Pilates Express	CA	10:35am	Senior Ball JD	10:35am	SilverSneakers® Circuit		SilverSneakers® Classic JG	11:45am	Gentle Yoga YM		Zumba <i>LT</i>
10:35am	SilverSneakers® Classic	JG	11:45am	Yoga RAM	12:00pm	Sculpt Express		Yoga <i>RAM</i>	12:00pm	Core Express Do	7	
12:00pm 1:00pm	Circuit Express SilverSneakers® Classic	CA CA	12:00pm 1:30pm	Cycle Express DG Tai Chi YM	12:45pm 5:30pm	SilverSneakers® Yoga Power Hour		Cycle Express CA Restore the Core DG				
5:00pm	Zumba	LB	5:15pm	Yoga Strength LB	6:35pm	Zumba		Hot Hula Coty				
5:30pm	Cycle	LAJ	5:30pm	Cycle JD	0.00p	Zumba	5:30pm	Cycle DG				
6:05pm	Sculpt	LAJ	6:30pm	Pilates JD			6:15pm	Gentle Yoga LB				
10	D: 1011		11	5.15555	12	5	13		14	1611 0	15	
5:45am	Rise and Shine	SD	8:30am	R.I.P.P.E.D. JMC	5:45am	Rise and Shine		Power Hour CC	9:00am	Killer Combo JC		Cycle LAJ
9:00am 10:00am	Step Pilates Express	SP CA	9:30am 10:35am	Zumba <i>KW</i> Senior Ball <i>JD</i>	9:00am 10:35am	Step Circuit SilverSneakers® Circuit		Zumba <i>KW</i> SilverSneakers® Classic <i>JG</i>	10:35am 11:45am	SilverSneakers® Circuit JO Gentle Yoga YM		Power Hour <i>LAJ</i> Zumba <i>LB</i>
10:35am	SilverSneakers® Classic	CA	11:45am	Yoga <i>RAM</i>	12:00pm	Sculpt Express		Yoga RAM	12:00pm	Core Express DO		Zuiliba LB
12:00pm	Circuit Express	DG	12:00pm	Cycle Express DG	12:45pm	SilverSneakers® Yoga		Cycle Express CA	12.00pm	Core Express De		
1:00pm	SilverSneakers® Classic	JG	1:30pm	Tai Chi YM	5:30pm	Power Cardio		Restore the Core LAJ				
5:00pm	Zumba	LB	5:15pm	Yoga Strength LB	6:35pm	Zumba	<i>LB</i> 5:15pm	Hot Hula Coty				
5:30pm	Cycle	LAJ	5:30pm	Cycle JD			5:30pm	Cycle LAJ				
6:05pm	Sculpt	LAJ	6:30pm	Pilates JD			6:15pm	Gentle Yoga LB				
17			18		19		20		21		22	
5:45am	Rise and Shine	LB	8:30am	Power Hour JMC	5:45am	Rise and Shine	<b>DC</b> 8:30am	Power Hour CC	9:00am	Killer Combo Jo	8:15am	Cycle JD
9:00am	Step	SP	9:30am	Zumba <i>KW</i>	9:00am		<b>SP</b> 9:30am	Zumba <i>KW</i>	10:35am	SilverSneakers® Circuit Jo		Power Hour JD
10:00am	Pilates Express	CA	10:35am	Senior Ball JD	10:35am	SilverSneakers® Circuit		SilverSneakers® Classic JG	11:45am	Gentle Yoga YM		Zumba <i>LT</i>
10:35am	SilverSneakers® Classic	CA	11:45am	Yoga RAM	12:00pm	Sculpt Express		Yoga <i>RAM</i>	12:00pm	Core Express Jo	7	
12:00pm 1:00pm	Circuit Express SilverSneakers® Classic	CA JG	12:00pm 1:30pm	Cycle Express DG Tai Chi YM	12:45pm 5:30pm	SilverSneakers® Yoga Power Hour		Cycle Express CA Restore the Core LAJ				
5:00pm	Zumba	LB	5:15pm	Yoga Strength LB	6:35pm	Zumba		Hot Hula Coty				
5:30pm	Cycle	LAJ	5:30pm	Cycle JD	5155p111	Zumba	5:30pm	Cycle LAJ				
6:05pm	Sculpt	LAJ	6:30pm	Pilates JD			6:15pm	Gentle Yoga LB				
											1	
<b>24</b> 5:45am	Rise and Shine		<b>25</b> 8:30am	R.I.P.P.E.D. <i>JMC</i>	26 5:45am	Rise and Shine	<b>27</b> 8:30am		<b>28</b> 9:00am	Killer Combo Jo	29 8:15am	Cycle LAJ
9:00am	Step	SD MY	9:30am	Zumba <i>KW</i>	9:00am	Step Circuit		Power Hour DG Zumba KW	10:35am	Killer Combo Jo SilverSneakers® Circuit Jo		Power Hour <i>LAJ</i>
10:00am	Pilates Express	CA	10:35am	Senior Ball JD	10:35am	•	<b>JD</b> 10:35am	SilverSneakers® Classic JG	11:45am	Gentle Yoga YM		Zumba <i>LB</i>
10:35am	SilverSneakers® Classic	CA	11:45am	Pilates CA	12:00pm	Sculpt Express	-	Pilates JD	12:00pm	Core Express Do		2060 115
12:00pm	Circuit Express	DG	12:00pm	Cycle Express DG	12:45pm	SilverSneakers® Yoga	<i>LB</i> 12:00pm	Cycle Express CA		·		
1:00pm	SilverSneakers® Classic	JG	1:30pm	Tai Chi <i>YM</i>		Power Cardio		Restore the Core DG				
5:00pm	Zumba	LB	5:15pm	Yoga Strength LB		Zumba		Hot Hula Coty				
5:30pm	Cycle		5:30pm	Cycle JD			5:30pm	Cycle DG				
6:05pm	Sculpt	LAJ	6:30pm	Pilates JD			6:15pm	Gentle Yoga LB				
31												
5:45am	Rise and Shine	LB										
9:00am	Step Sileton Express	SP		Evereice le Madiaine								
10:00am 10:35am	Pilates Express SilverSneakers® Classic	CA		Exercise Is Medicine Tuesdays 2:30PM								
12:00pm	Circuit Express	CA CA		Thursdays 1:00PM								
1:00pm	SilverSneakers® Classic	JG		Thursdays 1.001 W								
5:00pm	Zumba	LB										
5:30pm	Cycle											
6:05pm	Sculpt											