Carrollton

Group X

Time	Mon	Tue	Wed	Thu	Fri	Time	Sat	Sun
5:15 AM					BODYFLOW 60mins - Leslie P	8:00 AM	BODYPUMP 60mins - Sarah C	
8:30 AM		Zumba 60mins - Jennifer S		Zumba 60mins - Jennifer S		9:00 AM	Zumba 60mins - Jennifer/Joanna S	This class alternates with Club Jam
8:45 AM	BODYPUMP 60mins - Sandy C		BODYPUMP 60mins - Sandy C		BODYPUMP 60mins - Sandy C	10:00 AM	BODYFLOW 60mins - Lee B	
9:30 AM		BODYFLOW 60mins - Mary M		BODYFLOW 60mins - Lynne D				
10:15 AM	Chair Yoga 60mins - Pam S		Chair Yoga 60mins - Pam S		Stretch and Tone 60mins - Sandy M			
10:30 AM		Stretch and Tone 60mins - Sandy C		Stretch and Tone 60mins - Kim J				
12:00 PM	BODYPUMP 60mins - Mary M		BODYPUMP 60mins - Sarah C					
5:00 PM	Core 30mins - Leslie P							
5:30 PM	BODYPUMP 60mins - Sarah C	BODYFLOW 60mins - Ginger L	BODYPUMP 60mins - Melanie L	Club Jam 60mins - Joanna S	Zumba 60mins - Leigh C			
6:30 PM	Club Jam 60mins - Joanna S	BODYPUMP 60mins - Ginger L	Power Yoga 60mins - Kacey A	BODYFLOW 60mins - Mary M				
7:30 PM					Belly Dance 60mins - Amy L			

Thanksgiving Schedule:
Wednesday, Nov. 25:
No classes after Noon Pump
CLOSED THANKSGIVING
Friday, Nov. 27:
8am - Pump
9am - RPM

Cycle

Time	Mon	Tue	Wed	Thu	Fri	Time	Sat	Sun
5:15 AM	RPM 45mins - Lee B		RPM 45mins - Leslie P			9:00 AM	RPM 45mins - Lee B	
9:45 AM	RPM 45mins - Sandy C		Power Spin 45mins - Kim J		Interval Blast 45mins - Kim J			
12:00 PM		HIIT Spin 45mins - Cryste B						
5:30 PM	RPM 45mins - Leslie P			RPM 45mins - Lee B				

Thanksgiving Schedule:
CLOSED THANKSGIVING
Black Friday - 9 am RPM

Pool

Time	Mon	Tue	Wed	Thu	Fri	Time	Sat	Sun
9:00 AM	Water in Motion 60mins - Leanna S, Sandy M	H2O Cardio 60mins - Sandy C	H2O Cardio 60mins - Julie P	Water in Motion 60mins - Leanna S	Aqua Zumba 60mins - Chesley L		Please note the following schedule for Friday 9am: Aqua Zumba: 13th & 20th Aqua Tabata: 6th *	
10:00 AM	Arthritis 60mins - Sherry J		Arthritis 60mins - Julie P		Arthritis 60mins - Sandy C		Thanksgiving Schedule: No Wednesday evening class CLOSED THANKSGIVING No Black Friday classes	
5:30 PM	Aqua Zumba 60mins - Chesley L	Water in Motion 60mins - Avery T	Aqua Zumba 60mins - Chesley L	Water in Motion 60mins - Mary M				

ReeseFit

Time	Mon	Tue	Wed	Thu	Fri	Time	Sat	Sun
5:15 AM	FitCAMP 60mins - Reese L	FitCAMP 60mins - Rhonda B	FitCAMP 60mins - Reese L	FitCAMP 60mins - Rhonda B	FitCAMP 60mins - Reese L	9:00 AM	FatBLAST 60mins - Reese L	
8:15 AM	Max Muscle 60mins - Reese L		BootyBLAST 45mins - Christa G		Max Muscle 60mins - Reese L	10:00 AM	Power Yoga 60mins - July N	
8:45 AM		COMBAT cardio 60mins - Cryste B		COMBAT cardio 60mins - Cryste B			Thanksgiving Schedule: Wednesday, Nov. 25th - No evening class CLOSED THANKSGIVING Black Friday - No classes	
9:00 AM	FatBLAST 60mins - Reese L		FatBLAST 60mins - Reese L		FatBLAST 60mins - Reese L			
5:30 PM		BootyBLAST 45mins - Christa G						
6:15 PM	FatBLAST 60mins - Reese L	COMBAT cardio 60mins - Reese L	FatBLAST 60mins - Reese L	COMBAT cardio 60mins - Reese L				

Club Fit & Treadmills

Time	Mon	Tue	Wed	Thu	Fri	Time	Sat	Sun
5:15 AM		The WOD 45mins - Justin J		The WOD 45mins - Justin J			Thanksgiving Schedule: No Wednesday or Friday WOD classes. CLOSED THANKSGIVING	
9:45 AM		Tread & Shed 45mins - Cryste B		Tread & Shed 45mins - Kim J				
5:30 PM	The WOD 45mins - Justin J		The WOD 45mins - Justin J		The WOD 45mins - Justin J			

LesMills BODYFLOW

BODYFLOW - BODYFLOW is a new yoga class for anyone and everyone. It uses a range of movements and motion set to music that will improve your mind, your body and your life leaving you feeling calm and centred.

LesMills BODYPUMP

BODYPUMP - BODYPUMP is the original barbell workout for absolutely everyone. Using light to moderate weights with lots of repetition (reps) BODYPUMP gives you a total body workout that burns calories, strengthens and tones.

LesMills RPM

RPM - RPM is an indoor cycling class, set to the rhythm of motivating music. It blasts calories and builds aerobic fitness fast.

ZUMBA

Zumba - Fun! Fun! Fun! Latin syle workout with lots of core and hip work and jammin music. Come have the time of your life in ZUMBA

Tread & Shed - A 45-minute cardio workout using the Treadmills with optional interval training.

Power Yoga - A challenging yoga class that balances strengthening and lengthening.

Core - A 30 minute class for all fitness levels that builds ab & back strength using a variety of equipment.

Power Spin - Gear up and take your cycling workout to the next level. Burn calories and improve cardio fitness while toning the lower body.

Arthritis - This is a non-vigorous water class designed for people with arthritis and fibromyalgia. This class is helpful in relieving joint and muscle aches and pain.

aqua ZUMBA

Aqua Zumba - The Zumba music and choreography you love IN THE WATER!!! It's a year-round pool party....no calories invited! Get wet & get fit!

FitCAMP - Bootcamp style class with a twist. Always changing and always challenging.

Max Muscle - Weight lifting, strength training with free weights. Dumbbells and bar work. Functional strength training for everyone. Programs are written for strength in all areas.

FatBLAST - HIIT cardio, low impact exercises and weights. All wrapped up in a circuit based setting.

COMBAT cardio - Straight. Killer. Cardio Moves! Circuit based. TABATA. Steady state and intervals. This NON STOP class will leave your body Rocked. Very high energy.

BootyBLAST - Lower body at it's best! Trim and tone everything from the waist down. Glutes, hamstrings, adductors, abductors, calves and core.

Club Jam - In this high energy dance class you will have such a blast that you will forget it's actually a workout.

Stretch and Tone - This very low to no impact class uses a variety of equipment including chairs, handweights, stability balls and resistance bands with modifications to provide an exercise class that your joints will love.

Interval Blast - This spin class will have you dropping calories and dripping liquid awesome. An intense mix of hills and sprints, interval style.

HIIT Spin - The perfect mix of High Intensity Interval Training and a bike. Guaranteed to boost the metabolism!

H2O Cardio - A mix of high and low options for cardio fitness in the pool. A calorie burn that is easy on the joints.

Chair Yoga - A gentle form of yoga using chairs to assist in poses and balance. Friendly on the joints and great for the body.

Belly Dance - Let loose & groove with your inner goddess! Great for both beginners and those with dance experience. The class will focus on technique drills & fun, short combinations to improve strength, stamina & fluidity. Yoga attire preferred.

The WOD - Functional strength and conditioning using ropes, balls, boxes, kettlebells, rowers, and weights. Maximum results in minimum time!

Water in Motion - The newest aqua exercise workout that provides a low impact, high-energy challenge for participants of all ages, skill and fitness levels, all set to music!

Wednesdays @ 4:30:
July Cosper provides Yoga for Cancer patients and people with chronic illness. Please spread the word to anyone who could use this. It is a free class provided by the non-profit Renew Yoga. Please contact July for more information: 404.309.9550

Club Hours: Open 24/7
Nursery Hours: M - F 8a - 8p;
Sat & Sun 8a - 12noon
Pool Hours: M - TH 5:30a - 9:30p; FRI 5:30a - 7:30p; SAT & SUN 8a- 5:30p
Pool closes MWF 10-11a during Arthritis class.
During all other water classes, only participants, lap swimmers and swim lessons allowed in the pool.

CLUBFITNESS
FITNESS FOR LIFE

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