



Club Hours
Mon-Thurs 5am-10pm
Fri 5am-8pm
Sat-Sun 8am-8pm

Kid’s World Hours
Mon-Sat 8am-12pm
Mon-Fri 4pm-8pm
Sun 12pm-4pm

March 24 - 30

GROUP FITNESS STUDIO							
TIME	SUNDAY 3/24	MONDAY 3/25	TUESDAY 3/26	WEDNESDAY 3/27	THURSDAY 3/28	FRIDAY 3/29	SATURDAY 3/30
9:00 AM							
9:15 AM							TNT Laura
9:30 AM	CrossTrain JC						
10:00 AM					Power Abs JC		
12:00 PM							**Jiu Jitsu
4:30 PM				CrossTrain Angie			
5:00 PM						**Jiu Jitsu	
5:15 PM			Bodyweight Laura				
6:00 PM						**Jiu Jitsu	
6:30 PM		**Jiu Jitsu	**Jiu Jitsu	CrossTrain 30 Larry	Cardio Flex Laura		
7:15 PM				**Jiu Jitsu			
CARDIO THEATER							
9:00 AM							
6:00 PM				Treadworx 30 Larry			
CYCLING STUDIO							
8:30 AM							
9:30 AM					Ride On JC		
YOGA STUDIO							
7:00 AM						Stretch & Core Laura	
9:00 AM		Pilates Gina	Yoga Will			Pilates Gina	
10:00 AM	Yoga Jo Ann			Yoga Jillian	Yoga Jo Ann		
10:30 AM							Yoga Will

Class schedule subject to change without notice.

** Kuzushi Club Atlanta Jiu Jitsu – Contact kuzushiclubat@gmail.com for details on joining.

Class Notes:

Barbell & Bands – Total body workout. Come load a barbell and bring your glute band!

Bodyweight 30 - Bodyweight only, no weights. Focus on core, strength and balance.

Booty Bands 30 – Lower body workout with added resistance from bands Bring your band!

Butts & Guts 30 – 30 minutes focusing on the midsection, glutes and legs.

Cardio Flex - A mix of aerobic exercises, weights and bodyweight conditioning.

Cardio Jam : Medicine ball workout combined with old school aerobics, cardio kickboxing, and step aerobics to give you the ultimate cardio blast.

Creative Movement – Improve balance and flexibility as you tone through dance conditioning exercises and other rhythmic movements.

CrossTrain – Mix it up! Class may include cardio drills, plyometric moves, athletic drills, strength exercises and core work. There are no limits!

Power Abs 30 – 30 minutes focusing on abs and core.

Ride On – Hop on a bike and ride, sprint and climb hills. Come get your Ride On!

TNT - Tight & Toned! Full body workout.

Treadworx – Pace yourself through hills and sprints. Calling all runners, joggers and walkers.

Yoga – Balance strengthening and stretching poses. Increase awareness and mindfulness for your body and breathing. All levels

Yoga Basics – Back to basics introductory class. Stretch, balance, move, breathe, focus and strengthen!