

GroupFitness

Fitness
24-7

	Mon	Tue	Wed	Thu	Fri	Sat	Sun	www.fitness24-7.com
5:30 AM	SPIN: (Hills-sprints) Amanda	Rip Angie	SPIN: (Intervals) Amanda	Rip Angie	SPIN: (All-Terrain) Toby			Rip® Using light to moderate weights with lots of repetition, students do lunges, presses, curls and squats to increase muscle strength. Matching movement to music and using traditional weight training allows participants to work at their own level. SPIN: All-Terrain Alternating hill climbing, sprint variations, and intervals of heart rate elevation with short periods of recovery designed to burn fat and calories. SPIN: Hills & Sprints Class of alternating hill climbing and sprint variations with short periods of active recovery between sprints. SPIN: Intervals All-terrain class alternating intervals of heart rate elevation with active recovery designed to burn fat and calories and increase V02 max.
10:30 AM						Yoga Michelle		
5:30 PM	Rip Angie	Zumba Angie		Rip Amanda C.				
6:00 PM	SPIN: (All-Terrain) Toby		SPIN: (All-Terrain) Toby					
6:40 PM	Zumba Angie	Yoga Michelle		Zumba Angie				

5:30 AM classes not available for single-day memberships & childcare not provided.
Children not permitted in any classroom due to our insurance requirements.

All Classes, Times, and Instructors are subject to change and/or cancellation without notice.
The closing of Coweta Schools due to weather will result in canceled morning classes.
Classes may be canceled during holidays. For verification, check our Facebook page @ **Fitness247coweta**

Yoga

For anyone looking to reduce stress, increase flexibility, range of motion, balance, and strength. Whether a beginner or a more experienced, you will feel at home in this fun and challenging class.

Zumba®

Lose yourself in the music and find yourself in shape at the original dance-fitness party™.