








770-490-4645
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May 2017

Sun	MON	TUE	WED	THU	FRI	SAT
1 Group Training? Beginning, Intermediate and Advanced-Levels available. 770-490-4645 	1 6:15PM MixxedFit w/ Renee 7:15PM Zumba w/Brian 	2 7:15AM Group Training 6:00 PM Zumba w/ Renee 7:30PM Yoga w/ Shamika 8:15 PM Group Training	3 \$5 WedNeSday!! 6:00 PM Zumba & Tone w/Tracie 7:15PM African Dance w/Nadia	4 7:30AM Group Training 6PM - MixxedFit w/ Renee 7:15 PM - BLT w/ Renee (Booty, legs, tummy) 8:15PM Group Training	5 CLOSED Happy Cinco de Mayo 	6 7:30AM Group Training 8:30 Zumba GOLD and Fit w/Trina 9:30-11AM 90 minutes of Zumba w/GiGi & Renee Cinco De Mayo PARTY!! 
7 CLOSED	8 6:00PM Body Shred & Glutes & Core w/Maira 7:15PM Karibbean Kardio w/Stephanie	9 7:30AM Group Training 6:00 PM Zumba w/ Renee 7:15PM Group Training	10 7:15PM Group Training	11 7:30AM Group Training 6PM-Zumba w/Renee 7:15PM Pound w/Renee 8:15PM Group Training	12 CLOSED	13 7:30AM Group Training 8:30AM Zumba GOLD and Fit w/Trina 9:30 Zumba w/Maggie 10:30 Zumba w/GiGi
14 HAPPY MOTHER'S DAY 	15 (Mother's Day Special) Bring a guest 1/2 off 6:15PM BLT w/Renee (Booty, legs, tummy) 7:15PM Zumba w/Brian	16 7:30AM Group Training 6:00 PM Zumba w/ Renee 7:30PM Yoga w/ Shamika 8:15PM Group Training	17 \$5 WedNeSday!! 6:00 PM Zumba & Tone w/Tracie 7:15PM African Dance w/Nadia	18 7:30AM Group Training 6PM -Zumba w/Renee 7:15PM- MixxedFit w/ Renee 8:15PM Group Training	19 CLOSED 	20 7:30AM Group Training 8:30AM Zumba GOLD and Fit w/Trina 9:30 Zumba w/Renee 10:30 Zumba w/GiGi 12:30 \$20 Kangoo Bounce
21 CLOSED	22 7:30AM Group Training 6:15PM Zumba w/Renee 7:15PM Karibbean Kardio w/Stephanie	23 6:00 PM Zumba w/ Brian	24 CLOSED	25 CLOSED	26 CLOSED	27 CLOSED
28 CLOSED	29 CLOSED Happy Holiday	30 7:30AM Group Training 6:00PM Memorial Day Zumba Celebration w/Renee 7:30 Group Training	31 6:00 PM Zumba & Tone w/Tracie 7:15 Group Training (Outside)	May Card Special 10 class card \$55 5 class card \$40 6 weeks unlimited class pass \$75 Exp: June 10, 2017	\$5 per class Happy Hour Wednesdays - Bring a friend! 	Coming Soon: Spring N2 Fitness Pilates Ripped Abs & Toned Glutes Kettlebell TURNT UP