

# EXERCISE CLASS SCHEDULE

## HOURS

Monday – Thursday: 6 a.m. to 8 p.m.

Friday: 6 a.m. to 6 p.m.

Saturday: 7:30 a.m. to 2 p.m.

Sunday: 1 p.m. to 5 p.m.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
8 a.m. <b>Circuit</b> Sam	8 a.m. <b>Barre</b> Sam	8 a.m. <b>Body Sculpting</b> Tamie	8 a.m. <b>Barre</b> Lisa	8 a.m. <b>Tai Chi</b> Sam	8:45 a.m. <b>Circuit</b> Sam
9 a.m. <b>Yoga</b> Tamie	9:15 a.m. <b>Better Balance</b> Chris	9 a.m. <b>Yoga</b> Tamie	9:15 a.m. <b>Better Balance</b> Chris	9 a.m. <b>Pilates</b> Tamie	9:15 a.m. <b>Yoga</b> Sam
10 a.m. <b>Core Class</b> Michelle		10 a.m. <b>On the Ball</b> Michelle		10 a.m. <b>Stay Strong</b> Blake	
12 p.m. <b>Cancer Well-Fit</b> Blake	12 p.m. <b>SilverSneakers</b> Laura	12 p.m. <b>Cancer Well-Fit</b> Blake		12 p.m. <b>SilverSneakers</b> Laura	
1 p.m. <b>Better Balance</b> Laura		1 p.m. <b>Better Balance</b> Laura			
5 p.m. <b>HIIT</b> Michelle	5 p.m. <b>HIIT</b> Laura	5 p.m. <b>HIIT</b> Michelle			
5:30 p.m. <b>Zumba</b> Lori	5:30 p.m. <b>Yoga</b> Charmain	5:30 p.m. <b>Zumba</b> Deborah	5:30 p.m. <b>Yoga</b> LaWanda		
6:15 p.m. <b>Circuit</b> Lori	6:15 p.m. <b>Barre</b> Lisa	6:15 p.m. <b>Bootcamp</b> Tamie	6:15 p.m. <b>Barre</b> LaWanda		

We reserve the right to change the exercise schedule as needed, substitute instructors and limit the number of participants.  
Please call if you'd like to verify the status of a class.

## FITNESS CENTER

1250 Highway 54, Suite 200

Fayetteville, Georgia 30214

P: 770.719.7290, option #2

[piedmont.org/fitness](http://piedmont.org/fitness)

