

<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>	<u>Saturday</u>
<p><b>5:30am-8:00pm</b></p> <p>6:00am Intermediate Yoga</p> <p>8:30am Power Hour</p> <p>9:00am Power Circuit</p> <p>10:30 Silver Sneakers BOOM Move</p> <p>9:30 &amp; 10:30am Silver Sneakers Yoga</p> <p>11:30 Gentle Yoga</p> <p>Noon- HIIT</p> <p>1:00pm- Silver Sneakers Circuit</p> <p>5:30pm Pilates</p> <p>5:30pm-Zumba</p> <p>6:30pm-Barre'</p>	<p><b>5:30am-8:00pm</b></p> <p>9:00am-Barre'</p> <p>10:30 Silver Sneaker Classic</p> <p>Noon-HIIT</p> <p>5:30-Power Hour</p> <p>5:30-Intermediate Yoga</p>	<p><b>5:30am-8pm</b></p> <p>9:00am Power Circuit-</p> <p>9:00am Power Circuit-</p> <p>10:30 Silver Sneakers BOOM</p> <p>10:30 Silver Sneakers Yoga</p> <p>Noon-Upper Body</p> <p>1:00pm- Silver Sneakers Classic</p> <p>5:30-Step/Pump</p>	<p><b>5:30am-8pm</b></p> <p>9:00am-Barre'-</p> <p>9:30am- Zumba</p> <p>10:30am-Silver Sneakers Classic</p> <p>Noon-All About Legs</p> <p>5:30-Power Hour</p> <p>5:30-Intermediate Yoga</p>	<p><b>5:30-7pm</b></p> <p>6:00am-Intermediate Yoga</p> <p>9:00am-Circuit</p> <p>10:30-Silver Sneaker Boom Move</p> <p>9:30&amp;10:30 Silver Sneakers Yoga</p> <p>11:30-Gentle Yoga</p> <p>12:00-Core</p>	<p><b>8am-3pm</b></p> <p>9:00am Power</p> <p>10:00am Zumba</p> <p><b><u>Sunday</u></b> <b>1pm-5pm</b></p>

**770-254-3550**  
[Piedmont.org/newnanfitnesscenter](http://Piedmont.org/newnanfitnesscenter)