

| <u>Monday</u> | <u>Tuesday</u> | <u>Wednesday</u> | <u>Thursday</u> | <u>Friday</u> | <u>Saturday</u> |
|---|--|---|--|--|---|
| 5:30-8pm | 5:30-8pm | 5:30-8pm | 5:30am-8pm | 5:30am-7pm | 8am-3pm |
| 6:00am Intermediate Yoga 8:30am Power Hour 9:00am Power Circuit 10:30 Silver Sneakers BOOM Move 9:30am Silver Sneakers Yoga 10:30am Silver Sneakers Yoga 11:30am Gentle Yoga Noon- HIIT 1:00pm- Silver Sneakers Circuit 5:30pm Pilates 5:30pm-Zumba | 9:00am-Barre' 9:30am-Zumba 10:30 Sneaker Classic Noon-HIIT 5:30-Power Hour 5:30-Intermediate Yoga | 6:00am- Barre' 9:00am Power Circuit (Upstairs) 9:00am Power Circuit (Main Floor) 10:30 Silver Sneakers BOOM Muscle 10:30 Silver Sneakers Yoga Noon-Upper Body 1:00pm- Silver Sneakers Classic 5:30pm-Step/Pump | 9:00am-Barre'- 9:30am- Zumba 10:30am-Silver Sneakers Classic Noon-All About Legs 5:30-Power Hour 5:30-Intermediate Yoga | 6:00am Intermediate Yoga 9:00am-Circuit 10:30-Silver Sneaker Boom Move 9:30 Silver Sneakers Yoga 10:30 Silver Sneakers Yoga 11:30-Gentle Yoga 12:00-Core | 9:00am Power Hour 10:00am Zumba <div style="text-align: center;"> Sunday 1-5pm </div> <i>*Closed Easter Sunday, April 20*</i> |
| | | | <div style="border: 1px solid black; background-color: #f4a460; padding: 10px; margin: 10px auto; width: 80%;"> <p style="margin: 0;">770-254-3550</p> <p style="margin: 0;">Piedmont.org/newnanfitnesscenter</p> </div> | | |