

September 2010

SUN

MON

TUE

WED

THU

FRI

SAT

Child Care

M-F 8:15-10:15am
M,T,Th 4:15-7pm
Saturday 9:15-11:15am

Check out our new Child Care hours in the evenings!

Come try the new Bootcamp class on Tuesday afternoons at 4:15!

Refer a friend and receive a free month!!!

26

6

Happy Labor Day! No classes today.

13

8:30 Cardio Blast
9:00 Lower Body
Jill
4:30 Body Sculpt
Karen
5:30 Cycle
6:15 Zumba
Linda

20

8:30 Cardio Blast
9:00 Lower Body
Jill
4:30 Body Sculpt
Karen
5:30 Cycle
6:15 Zumba
Jen

27

8:30 Cardio Blast
9:00 Lower Body
Jill
4:30 Body Sculpt
Karen
5:30 Cycle
6:15 Zumba
Linda

7

9:00 Mind and Body
Lori

4:15 Bootcamp
Steph
5:30 Zumba
Jen

14

9:00 Mind and Body
Lori

4:15 Bootcamp
Steph
5:30 Zumba
Jen

21

9:00 Mind and Body
Lori

4:15 Bootcamp
Steph
5:30 Zumba
Jen

28

9:00 Mind and Body
Lori

4:15 Bootcamp
Steph
5:30 Zumba
Jen

1

8:30 Cycle
9:00 Upper Body
Jill

8

8:30 Cycle
9:00 Upper Body
Jill

15

8:30 Cycle
9:00 Upper Body
Jill

22

8:30 Cycle
9:00 Upper Body
Jill

29

8:30 Cycle
9:00 Upper Body
Jill

2

8:30 Bootcamp
Steph
5:15 Body Sculpt
Linda
6:15 Zumba
Linda

9

8:30 Bootcamp
Steph

5:15 Body Sculpt
Linda
6:15 Zumba
Linda

16

8:30 Bootcamp
Steph

5:15 Body Sculpt
Linda
6:15 Zumba
Linda

23

8:30 Bootcamp
Steph

5:15 Body Sculpt
Jen
6:15 Zumba
Jen

30

8:30 Bootcamp
Steph

5:15 Body Sculpt
Linda
6:15 Zumba
Linda

3

8:30 Circuit
Jill

10

8:30 Circuit
Jill

17

8:30 Circuit
Jill

24

8:30 Circuit
Jill

4

10:00 Body Sculpt
Steph

11

10:00 Zumba
Linda

18

10:00 Bootcamp
Steph

25

10:00 Body Sculpt
Lori



NRG FITNESS CENTER

Your Health. Your Life. Your Gym.

**31 Market Square Road
Suite 103
Newnan Ga. 30265**

**770.683.2013
www.nrgfitnesscenter.com
nrgfitnesscenter@numail.org**