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 www.athleteschoicefitness.com  
<https://www.facebook.com/athleteschoicefitness>

Hours of operation  
 Mon-Thurs. 4:30am– 10:00pm  
 Friday 4:30am-9:00pm  
 Saturday 8:00am-5:00pm

DAYCARE HOURS  
 Morning  
 MON., TUES, WED., THURS.  
 800-11:00 am

Evening hours  
 MON., TUESDAY, WED., THURS,  
 5:30- 8:00pm FRI. 6:00pm-8pm

# Athlete's Choice Fitness

## April 2014 Group Fitness Schedule

Mon	Tues	Wed	Thurs	Fri	Sat
31 8am Exercise w Steph 9:15 Sumba & Barzillian Buns with Brenda  10:30 SilverSneakers  5pm yoga Carla 6pm Spin with Becky  7pm Zumba with Susan	1 Happy 19 Year Anniversary Athlete's Choice Fitness Ctr! We appreciate each and every one of you! 8am Flex & Tone Steph 9:10 BootCamp w Katherine 10:30 SilverSneakers w Benice 5:30 Yoga with Marilyn 6:30 BootCamp w Terry 7:30 Zumba w Diane	2 8am Hot Hula and Latin Heat w Dianna 9am Spin and Tone with Brenda 10:30 Advanced SilverSneaker's with Stephanie  6pm Weight Training w Kelly 7pm Boxing with Terry	3 Warm up at 7:50am w Steph 8am Flex & Tone Steph 9am Pilates w Benice  10:15am SilverSneakers Kelly  5:45 pm Yoga with Marilyn  7pm Zumba with Diane	4 9:30 Rumba with Stephanie 10:30 SilverSneakers with Steph  6pm Zumba with Susan  7pm T-Camp w Terry  LIKE US on FaceBook @ Athletes Choice Fitness Center	5 Happy Anniversary Athlete's Choice Fitness Center!  Serving our community for 19 years.  We appreciate each of you ☺
7 8am Exercise with Steph 9:15 Sumba & Barzillian Buns with Brenda  10:30 SilverSneakers  5pm Yoga w Carla 6pm Spin with Becky 7pm Zumba with Susan	8 8am Flex & Tone w Steph  9:10 BootCamp w Katherine  10:30 SilverSneakers with Benice  5:30 YoGa with Marilyn  6:30pm BootCamp with Terry 7:30pm Zumba with Diane	9 9am Spin and Tone with Brenda  10:30 Advanced SilverSneakers 6pm Weight  Training with Kelly 7pm Boxing with Terry	10 Warm up at 7:50am w Steph 8am Flex & Tone Steph  9am Pilates w Benice  10:15am SilverSneakers Kelly 11:15 Gentle Yoga with Susan  5:45 pm Yoga with Marilyn  7pm Zumba with Diane	11 9am Rumba w Steph  10:30am SilverSneakers  6pm Zumba with Susan  7pm T-Camp w Terry  <b>Like us on Facebook</b>	12  <b>9am CPR</b>  <b>The class is            open to            anyone and is            at a cost of            \$25.00.</b>
14 8am exercise and more with Stephanie  9:15 Sumba with Brenda 10:30 SilverSneakers with Kelly  5pm Yoga w Carla 6pm Spin with Becky 7pm Zumba with Susan	15 8am Flex & Tone w Steph 9:10 BootCamp w Katherine  10:30 SilverSneakers with Benice  5:30 YoGa with Marilyn  6:30pm BootCamp with Terry 7:30pm Zumba with Diane	16 8am Hot Hula and Latin Heat w Dianna 9am Spin Brenda 10:30 Advanced SilverSneakers  6pm Weight Training w Kelly 7pm Boxing with Terry	17 Warm up at 7:50am 8am Flex & Tone w Steph  9am Pilates w Benice 10:15am SilverSneakers Kelly 11:15 Yoga w Susan Thomkins Free Christina Phepps (gentle)  5:45 pm Yoga with Marilyn 7pm Zumba with Diane	18  <b>GOOD FRIDAY</b>  We will be CLOSED... And re-open at 8am Saturday Morning!  <b>LIKE US ON FACEBOOK</b>	19 Buns and Guns w Laura @ 9am  <b>Wishing you            and your            family and            friends a            most blessed            Easter!</b>
21 8am Exercise w Stephanie 9:15 Sumba & Barzillian Buns with Brenda  10:30 SilverSneakers with Kelly  5pm Robin Carla 6pm Spin with Becky  7pm Zumba with Susan	22 8am Flex & tone w Steph  9:10am BootCamp w Katherine  10:30 SilverSneakers w Benice  5:30 YoGa with Marilyn  6:30 BootCamp with Terry 7:30pm Zumba with Diane	23 8am Hot Hula and Latin Heat Dianna  9am Spin & Tone with Brenda 10:30 Advanced SilverSneakers  6pm meet Kelly for Weight Training  7pm Boxing with Terry	24 7:50am Flex & Tone w Steph 9am Pilates w Benice  10:15am SilverSneakers Kelly 11:15 Yoga w Susan Thomkins Free Christina Phepps (gentle)  5:45 pm Yoga with Marilyn  7pm Zumba with Diane	25 9am Rumba w Steph 10:30am SilverSneakers with Steph  SilverSneaker Pot Luck  6pm Zumba with Susan  7pm T-Camp with Terry <b>Like us on Facebook</b>	26 9am w Laura Buns and Guns  10am Dianna Hot Hula and Latin Heat  Childcare 9-11
28 8am Exercise w Stephanie 9:15 Sumba & Barzillian Buns w Brenda  10:30 SilverSneakers with Kelly  5pm Yoga w Carla 6pm Spin with Becky 7pm Zumba with Susan	29 8am Flex & tone w Steph 9:10am BootCamp w Katherine  10:30 SilverSneakers w Benice  5:30 YoGa with Marilyn 6:30 BootCamp w Terry 7:30 Zumba with Diane	30 8am Hot Hula and Latin Heat w Dianna 9am Spin & Tone with Brenda 10:30 Advanced SilverSneakers  6pm meet Kelly for Weight Training 7pm meet Terry for Boxing	May 1 7:50 am Flex & Tone w Steph 9am Pilates w Benice 10:15am SilverSneaker Kelly 11:15 Yoga w Susan  5:45pm Yoga with Marilyn 7pm Zumba with Diane	2 9am Rumba w Steph 10:30am SilverSneakers with Steph  6pm Zumba with Susan  7pm T-Camp with Terry	3  Check out our Face Book page for daily updates!