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 Jacksonville, FL. 32218
 696-0905 acfit1@aol.com
 www.athleteschoicefitness.com

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

Kid's Play-Center Hours
 MON, TUES. & THURS.
 8:30-11:30 am
 Monday evening 5-8PM
 Tues & Thur 5:30-8:30pm
 Wednesday 5:30-8pm.
 Friday 6-7:30pm

Athlete's Choice Fitness

August 2018 Group Fitness Schedule

Mon	Tues	Wed	Thurs	Fri	Sat
<p>30 9am Island Cardio 10:30 SilverSneaker's w Benice 5pm Pilates with Lisa</p> <p>6pm Mixology w Mitchell</p> <p>7pm Zumba with Susan</p>	<p>31 8am Flex & Tone w Steph 9am Tabata with Lisa</p> <p>10:30 SilverSneakers Benice</p> <p>11:30 Yoga w Susan T</p> <p>5:30 YoGa with Marilyn</p> <p>6:30 Bootcamp with Terry 7:30pm Zumba with Diane</p>	<p>1 9am Hot Hula w Dianna 10:30 SilverFit Steph 5:30 Come Spinn with Beth!</p> <p>6:30 Mixology with Mitchell and crew 7:30 Zumba Strong w Maria</p>	<p>2 8am Steph & Tone w Steph</p> <p>10:30am SilverSneakers Linda 11:15am Yoga with Susan T.</p> <p>5:30 Yoga with Marilyn</p> <p>6:30 Zumba with Diane</p> <p>7:30 Bootcamp w Terry</p>	<p>3 9am Rumba w Steph 10:30 SilverSneakers w Stephanie</p> <p>6pm Zumba w Susan Playcenter 6-7:30pm</p> <p><i>It's easy to keep up with schedule changes on FaceBook</i></p>	<p>4 Get Up To the Minute class updates on our FaceBook page!! Go ahead like us there ☺</p>
<p>6 9am Island Cardio 10:30 SilverSneaker's w Benice 5pm Pilates with Lisa</p> <p>6pm Mixology w Mitchell</p> <p>7pm Zumba with Susan</p>	<p>7 8am Flex & Tone w Steph 9:10am Tabata with Lisa 10:30 SilverSneaker's Benice</p> <p>11:30 Yoga with Susan T</p> <p>5:30 YoGa with Marilyn 6:30pm BootCamp with Terry</p> <p>7:30pm Zumba with Diane</p>	<p>8 9am Hot Hula w Dianna 10:30 SilverFit Steph 5:30 Come Spinn with Beth!</p> <p>6:30 Mixology with Mitchell and crew 7:30 Zumba Strong w Maria</p>	<p>9 8am Steph & Tone with Steph 9am Tabata with Lisa 10:30am SilverSneakers Linda</p> <p>11:15 Yoga with Susan T</p> <p>5:30 Yoga with Marilyn 6:30 Zumba with Diane 7:30BootCamp with Terry</p>	<p>10 No am childcare....</p> <p>9am Rumba w Steph 10:30am SilverSneakers Steph</p> <p>6pm Zumba w Susan Playcenter 6-7:30pm</p>	<p>11 LIKE US on FaceBook @ Athletes Choice Fitness Center The building is in the front.</p>
<p>13 9am Island Cardio</p> <p>10:30 SilverSneaker's with Benice</p> <p>5pm Pilates w Lisa 6pm Mixology cardio & weight training</p> <p>7pm Zumba w Susan</p>	<p>14 8am Flex & Tone w Steph</p> <p>9:10am Tabata with Lisa 10:30 SilverSneaker's Benice</p> <p>11:30 Yoga w Susan T</p> <p>5:30 YoGa with Marilyn</p> <p>6:30pm BootCamp with Terry 7:30pm Zumba with Diane</p>	<p>15 9am Hot Hula w Dianna 10:30am SilverFit with Steph 5:30 Come Spinn with Beth!</p> <p>6:30 Mixology with Mitchell and crew...</p> <p>7:30 Zumba Strong with Maria</p>	<p>16 8am Flex & Tone w Steph 9am Tabata with Lisa 10:30am SilverSneakers Linda</p> <p>11:30 Yoga with Susan T</p> <p>5:30 pm Yoga with Marilyn 6:30 Zumba with Diane 7:30 BootCamp w Terry</p> <p>LIKE US on FaceBook @ Athletes Choice Fitness</p>	<p>17 No am childcare....</p> <p>9am Rumba w Steph 10:30am SilverSneakers Steph</p> <p>6pm Zumba w Susan</p> <p>Playcenter 6-7:30pm</p>	<p>18 OPEN 8-5pm Get Up To the Minute class updates on our FaceBook page!! Go ahead like us there ☺</p>
<p>20 9am Island Cardio</p> <p>10:30 SilverSneaker's with Benice</p> <p>5pm Pilates w Lisa 6pm Mixology cardio & weight training 7pm Zumba with Susan</p>	<p>21 8am Flex & Tone w Steph</p> <p>9:10am Tabata with Lisa 10:30 Silverneaker's Benice 11:30 Yoga with Susan T</p> <p>5:30 Yoga with Marilyn 6:30 Bootcamp w Terry</p> <p>7:30 Zumba with Diane Like Us on FaceBook</p>	<p>22 9am Hot Hula w Dianna 10:30 am SilverFit with Steph</p> <p>5:30 Come Spinn with Beth!</p> <p>6:30 Mixology with Mitchell and crew</p> <p>7:30 Zumba Strong with</p>	<p>23 8am Flex & Tone w Steph 9am Tabata with Lisa 10:30am SilverSneakers Linda 11:30 Yoga w Susan T.</p> <p>5:30 Yoga with Marilyn 6:30 Zumba with Diane 7:30 BootCamp with Terry</p> <p><i>It's easy to keep up with schedule changes on FaceBook</i></p>	<p>24 No am childcare.... 9am Rumba w Steph 10:30am SilverSneakers With Steph</p> <p>6pm Zumba w Susan</p> <p>LIKE US on FaceBook @ Athletes Choice Fitness Center</p>	<p>25 OPEN 8-5pm Get Up To the Minute class updates on our FaceBook page!! Go ahead like us there ☺</p>
<p>27 9am Island Cardio 10:30 SilverSneaker's w Benice 5pm Pilates with Lisa</p> <p>6pm Mixology w Mitch</p> <p>7pm Zumba with Susan</p>	<p>28 8am Flex & Tone w Steph 9:10am Tabata with Lisa 10:30 SilverSneaker's Benice 11:30 Yoga w Susan T</p> <p>5:30 Yoga with Marilyn</p> <p>6:30pm BootCamp with Terry 7:30pm Zumba w Diane</p> <p>Like Us on FaceBook</p>	<p>29 9am Hot Hula w Dianna 10:30 am SilverFit Steph 5:30 Come Spinn with Beth!</p> <p>6:30 Mixology with Mitchell and crew 7:30 Zumba Strong with Maria</p>	<p>30 8am Flex & Tone w Steph 9am Tabata with Lisa 10:30am SilverSneakers Linda</p> <p>11:30 gentle Yoga w Susan T</p> <p>5:30 Yoga with Marilyn 6:30 Zumba with Diane</p> <p>7:30 BootCamp w Terry</p>	<p>31 9am Rumba w Steph</p> <p>10:30am SilverSneakers</p> <p>11:30 Pot Luck & Steph's going away party!</p> <p>6pm Zumba w Susan</p>	<p>1 Open 8-5pm Get Up To the Minute class updates on our FaceBook page!! Go ahead like us there☺</p>