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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

DAYCARE HOURS
 MON., TUES, WED., THURS.
 8:00-11:00 am
 Monday evening 5-8PM
 Tues & Thur 5:30-8:30pm
 Wednesday 5:30-8pm.
 Friday 6-7:30pm

Athlete's Choice Fitness

February 2017 Group Fitness Schedule

Mon	Tues	Wed	Thurs	Fri	Sat
30 8am Exercise w Steph 9am Zumba w Sandra 10:15 SilverSneakers with Kelly 5pm Pilates w Lisa 6pm Kickboxing w Justin 7pm Zumba w Susan	31 8am Flex & Tone Steph 9:10 Buns & Guns w Lisa 10:30 SilverSlippers Mandy 11:30 Yoga with Susan 5:30 Yoga with Marilyn 6:30pm BootCamp with Terry 7:30pm Zumba with Diane If you like your classes leave your feedback on our FaceBook Page	1 9am Country Line Dance w Steph SilverSneaker's Advanced at 10:30 with Steph 5:30 Body Sculpt with Donna 6:30 KickBoxing w Justin	2 Warm up at 7:50am w Steph 8am Flex & Tone Steph 9am Pilates w Lisa 10:15am SilverSneakers Kelly 11:15am Yoga w Susan T. 5:30 Yoga w Marilyn 6:30 Zumba with Diane 7:30 Bootcamp w Terry	3 9am Rumba w Steph 10:30am SilverSneakers 6pm Zumba w Susan	4 Open 8-5pm
6 8am Exercise w Steph 9am Zumba w Sandra 10:15 SilverSneakers with Kelly 5pm Pilates w Lisa 6pm Kickboxing w Justin 7pm Zumba w Susan	7 8am Flex & Tone Steph 9:10 Buns & Guns w Lisa 10:30 SilverSlipper's Mandy 11:30 Yoga w Susan T. 5:30 YoGa with Marilyn 6:30pm BootCamp with Terry 7:30pm Zumba with Diane	8 9am Country Line Dance w Steph 10:30 Advanced SilverSneakers with Steph 5:30 Body Sculpt with Donna 6:30 Kickboxing Justin	9 Warm up at 7:50am 8am Flex & Tone Steph 9am Pilates w Lisa 10:15am SilverSneakers Kelly 11:15 Yoga w Susan T 5:30 Yoga with Marilyn 6:30 Zumba with Diane 7:30 BootCamp with Terry	10 9am Rumba w Steph 10:30am SilverSneakers With Steph 6pm Zumba w Susan	11 LIKE US on FaceBook @ Athletes Choice Fitness Center The building is in the front.
13 8am Exercise w Steph 9am Zumba w Sandra 10:15 SilverSneakers with Kelly 5pm Pilates w Lisa 6pm Kickboxing w Justin 7pm Zumba w Susan	14 8am Flex & Tone w Steph 10:30 SilverSlipper's Mandy 11:30 Yoga w Susan 5:30 YoGa with Marilyn 6:30pm BootCamp with Terry 7:30pm Zumba with Diane	15 9am Country Line Dance w Steph 10:30 Advanced SilverSneakers with Steph 5:30 Body Sculpt with Donna 6:30 KickBoxing with Justin	16 Warm up at 7:50am 8am Flex & Tone w Steph 9am Pilates w Lisa 10:15am SilverSneakers Kelly 11:15 Yoga with Susan 5:30 pm Yoga with Marilyn 6:30 Zumba with Diane 7:30 TBootCamp with Terry LIKE US on FaceBook @ Athletes Choice Fitness	17 9am Rumba w Steph 10:30am SilverSneakers W Steph 6pm Zumba with Susan LIKE US on FaceBook @ Athletes Choice Fitness Center	18 OPEN 8-5pm
20 8am Exercise w Steph 9am Zumba w Sandra 10:15 SilverSneakers with Kelly 5pm Pilates w Lisa 6pm Kick-Boxing w Justin 7pm Zumba with Susan	21 8am Flex & tone w Steph 9:10am Buns & Guns with Lisa 10:30 SilverSlipper's Mandy 11:30 Yoga with Susan T 5:30 Yoga w Marilyn 6:30 Bootcamp w Terry 7:30 Zumba with Diane Like Us on FaceBook	22 9am Country line Dance w Steph 10:30 Advanced SilverSneakers with Steph 5:30 Body Sculpt with Donna 6:30 KickBoxing with Justin	23 8am Flex & Tone w Steph 9am Pilates w Lisa 10:15am SilverSneakers Kelly 11:15 Yoga w Susan T. 5:30 Yoga w Marilyn 6:30 Zumba with Diane 7:30 BootCamp with Terry	24 9am Rumba w Steph 10:30am SilverSneakers w Steph 6pm Zumba with Susan LIKE US on FaceBook @ Athletes Choice Fitness Center	25 Open 8-5pm
27 8am Exercise w Steph 9am Zumba w Sandra 10:15 SilverSneakers Kelly 5pm Pilates w Lisa 6pm Kick-boxing Justin 7pm Zumba with Susan	28 8am Flex & tone w Steph 9:10am Buns & Guns Lisa 10:30 SilverSlipper's Mandy 11:30 Yoga w Susan 5:30 Yoga with Marilyn 6:30pm BootCamp with Terry 7:30pm Zumba w Diane Like Us on FaceBook	1 9am Country Line 10:30 Advanced Silversneaker's with Steph 5:30 Body Sculpt with Donna 6:30 Kickboxing with Justin	2 Warm up at 7:50am 8am Flex & Tone w Steph 9am Pilates w Lisa 10:15am SilverSneakers Kelly 11:15 gentle Yoga w Susan T 5:30 Yoga with Marilyn 6:30 Zumba with Diane 7:30 BootCamp w Terry	3 9am Rumba w Steph 10:30am SilverSneakers w Steph 6pm Zumba with Susan LIKE US on FaceBook @ Athletes Choice Fitness Center	4 Open 8-5pm