



12425 N. Main St.
 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

June 2018 Group Fitness Schedule

Mon	Tues	Wed	Thurs	Fri	Sat
28 HAPPY MEMORIAL DAY! We are Closed... Re-open at 4:30am On Tuesday Morn.	29 9am Tabata with Lisa 10:30 SilverSlipper's Linda 11:30 Yoga w Susan T 5:30 YoGa with Marilyn 6:30 Bootcamp with Terry 7:30pm Zumba with Diane	30 No am childcare 9am Hot Hula & Latin Heat Dianna 10:30 Linda SilverSneaker's 5:30 come Spin Beth 6:30 Mixology with Mitchell 7:30 Zumba Strong with Maria	31 9am Tabata with Lisa 10:30am SilverSneakers Linda 11:15am Yoga with Susan T. 5:30 Yoga with Marilyn 6:30 Zumba with Diane 7:30 Bootcamp w Terry	1 No am classes 6pm Zumba w Susan Playcenter 6-7:30pm <i>It's easy to keep up with schedule changes on FaceBook</i>	2 Get Up To the Minute class updates on our FaceBook page!! Go ahead like us there ☺
4 9am Island Cardio 2pm SilverFit w Benice 5pm Pilates with Lisa 6pm Mixology 7pm Zumba with Susan	5 9:10am Tabata with Lisa 10:30 SilverSlipper's Susan 11:30 Yoga with Susan T 5:30 YoGa with Carla 6:30pm BootCamp with Terry 7:30pm Zumba with Diane	6 9am Hot Hula w Dianna 10:30 SilverFit 5:30 Come Spinn with Beth! 6:30 Mixology with Mitchell and crew 7:30 Zumba Strong w Maria	7 9am Tabata with Lisa 10:30am SilverSneakers Susan 11:15 Yoga with Susan T 5:30 Yoga with Marilyn 6:30 Zumba with Diane 7:30BootCamp with Terry	8 No am childcare.... No am classes 6pm Zumba w Susan Playcenter 6-7:30pm	9 LIKE US on FaceBook @ Athletes Choice Fitness Center The building is in the front.
11 9am Island Cardio 2PM SilverFit with Benice 5pm Pilates w Lisa 6pm Mixology cardio & weight training 7pm Zumba w Susan	12 9:10am Tabata with Lisa 10:30 SilverSlipper's Susan 11:30 Yoga w Susan T 5:30 YoGa with Marilyn 6:30pm BootCamp with Terry 7:30pm Zumba with Diane	13 9am Hot Hula w Dianna 10:30am SilverFit with Susan 5:30 Come Spinn with Beth! 6:30 Mixology with Mitchell and crew... 7:30 Zumba Strong with Maria	14 8am Flex & Tone w Steph 9am Tabata with Lisa 10:30am SilverSneakers Susan 11:30 Yoga with Susan T 5:30 pm Yoga with Marilyn 6:30 Zumba with Diane 7:30 BootCamp w Terry LIKE US on FaceBook @ Athletes Choice Fitness	15 No am childcare.... 10:30am SilverSneakers Susan 6pm Zumba w Susan Playcenter 6-7:30pm	16 OPEN 8-5pm Get Up To the Minute class updates on our FaceBook page!! Go ahead like us there ☺
18 9am Island Cardio 2PM SilverFit with Benice 5pm Pilates w Lisa 6pm Mixology cardio & weight training 7pm Zumba with Susan	19 8am Flex & Tone w Steph 9:10am Tabata with Lisa 10:30 SilverSlipper's Mandy 11:30 Yoga with Susan T 5:30 Yoga with Carla 6:30 Bootcamp w Terry 7:30 Zumba with Diane Like Us on FaceBook	20 9am Hot Hula w Dianna 10:30 am SilverFit with Steph 5:30 Come Spinn with Beth! 6:30 Mixology with Mitchell and crew 7:30 Zumba Strong with Maria	21 8am Flex & Tone w Steph 9am Tabata with Lisa 10:30am SilverSneakers Susan 11:30 Yoga w Susan T. 5:30 Yoga with Carla 6:30 Zumba with Diane 7:30 BootCamp with Terry <i>It's easy to keep up with schedule changes on FaceBook</i>	22 No am childcare.... 9am Rumba w Steph 10:30am SilverSneakers With Steph 6pm Zumba w Susan LIKE US on FaceBook @ Athletes Choice Fitness Center	23 CPR at 10am See the front to sign up. ALL STAFF & INSTRUCTOR If you are expired you must renew!
25 9am Island Cardio 2pm SilverFit w Benice 5pm Pilates with Lisa 6pm Mixology 7pm Zumba with Susan	26 8am Flex & Tone w Steph 9:10am Tabata with Lisa 10:30 SilverSlipper's Mandy 11:30 Yoga w Susan T 5:30 Yoga with Carla 6:30pm BootCamp with Terry 7:30pm Zumba w Diane Like Us on FaceBook	27 9am Hot Hula w Dianna 10:30 am SilverFit Steph 5:30 Come Spinn with Beth! 6:30 Mixology with Mitchell and crew 7:30 Zumba Strong with Maria	28 8am Flex & Tone w Steph 9am Tabata with Lisa 10:30am SilverSneakers Susan 11:30 gentle Yoga w Susan T 5:30 Yoga with Carla 6:30 Zumba with Diane 7:30 BootCamp w Terry	29 No am childcare.... 9am Rumba w Steph 10:30am SilverSneakers With Steph 6pm Zumba w Susan LIKE US on FaceBook @ Athletes Choice Fitness Center	30 Open 8-5pm Get Up To the Minute class updates on our FaceBook page!! Go ahead like us there ☺