



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, WED, 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

## April 2018 Group Fitness Schedule

Mon	Tues	Wed	Thurs	Fri	Sat
<p>2            9am Island Cardio Dianna            10:30 SilverFit with Lorraine</p> <p>4:50pm Pilates w Lisa            6pm Mixology Mitchell</p> <p>7pm Zumba with Susan</p>	<p>3            8am Flex &amp; Tone w Steph            9am Tabata with Lisa</p> <p>10:30 SilverSlipper's Mandy            11:30 Yoga w Susan T            5:30 YoGa with Marilyn</p> <p>6:30 Bootcamp with Terry            7:30pm Zumba with Diane</p>	<p>4            10:30 am SilverSneaker's with Linda</p> <p>5:30 come Spin w Beth            6:30 Mixology with Mitchell and the crew....</p>	<p>5            8am Flex &amp; Tone w Steph            10:30am SilverSneakers Linda</p> <p>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>6            9am Rumba with Steph            10:30 SilverSneaker's with Linda</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>7            Get Up To the Minute class updates on our FaceBook page!! Go ahead like us there ☺</p>
<p>9            9am Island Cardio Dianna            10:30 SilverFit with Lorraine            4:50pm Pilates with Lisa</p> <p>6pm Mixology</p> <p>7pm Zumba with Susan</p>	<p>10            8am Flex and Tone w Steph            9:10am Tabata with Lisa            10:30 SilverSlipper's Mandy</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>11            9am Hot Hula &amp; Latin Heat Dianna            10:30 SilverFit w Stephanie</p> <p>5:30 Come Spinn with Beth!            6:30 Mixology with Mitchell and the crew....</p>	<p>12            8am Flex 7 Tone w Steph</p> <p>10:30am SilverSneakers Linda</p> <p>11:15 Yoga with Susan T</p> <p>5:30 Yoga with Marilyn            6:30 Zumba with Diane</p> <p>7:30BootCamp with Terry</p>	<p>13            No am childcare....            9am Rumba w Steph</p> <p>10:30am SilverSneakers with Steph</p> <p>6pm Zumba w Susan            Playcenter 6-7:30pm</p>	<p>14            LIKE US on FaceBook @ Athletes Choice Fitness Center            The building is in the front.</p>
<p>16            8am Morning Exercise            10:30 SilverFit with Lorraine</p> <p>4:50pm Pilates w Lisa</p> <p>6pm Mixology cardio &amp; weight training</p> <p>7pm Zumba w Susan</p>	<p>13            9:10am Tabata with Lisa            10:30 SilverSlipper's Mandy</p> <p>11:30 Yoga w Susan T</p> <p>5:30 YoGa with Marilyn</p> <p>6:30pm BootCamp with Terry</p> <p>7:30pm Zumba with Diane</p>	<p>14            9am Hot Hula w Dianna            10:30am SilverFit with Stephanie</p> <p>5:30 Come Spinn with Beth!            6:30 Mixology with Mitchell and the crew....</p>	<p>15            8am Flex &amp; Tone w Steph            10:30am SilverSneakers Linda</p> <p>11:30 Yoga with Susan T</p> <p>5:30 pm Yoga with Carla            6:30 Zumba with Diane            7:30 BootCamp w Terry</p> <p>LIKE US on FaceBook @ Athletes Choice Fitness</p>	<p>16            No am childcare....            9am Rumba with Steph</p> <p>10:30am SilverSneakers</p> <p>6pm Zumba w Susan</p> <p>Playcenter 6-7:30pm</p>	<p>17            OPEN 8-5pm            Get Up To the Minute class updates on our FaceBook page!! Go ahead like us there ☺</p>
<p>23            8am Morning Exercise with Steph            9am Island Cardio            10:30 SilverFit with Lorraine            4:50pm Pilates w Lisa</p> <p>6pm Mixology cardio &amp; weight training</p> <p>7pm Zumba with Susan</p>	<p>24            8am Flex &amp; Tone w Steph            9:10am Tabata with Lisa</p> <p>10:30 SilverSlipper's Mandy            11:30 Yoga with Susan T</p> <p>5:30 Yoga w Jaryn Lueder's</p> <p>6:30 Bootcamp w Terry</p> <p>7:30 Zumba with Diane  <b>Like Us on FaceBook</b></p>	<p>25            9am Hot Hula w Dianna            10:30 am SilverFit Dance 30 and Conditioning 30 with Steph</p> <p>5:30 Come Spinn with Beth!            6:30 Mixology with Mitchell and the crew....</p>	<p>26            8am Flex &amp; Tone w Steph</p> <p>10:30am SilverSneakers Linda            11:30 Yoga w Susan T.</p> <p>5:30 Yoga w Jaryn Lueder's</p> <p>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>27            No am childcare....            9am Rumba with Steph</p> <p>10:30am SilverSneakers With Steph</p> <p>6pm Zumba w Susan</p> <p>LIKE US on FaceBook @ Athletes Choice Fitness Center</p>	<p>28            Open 8-5pm            Get Up To the Minute class updates on our FaceBook page!! Go ahead like us there ☺</p>
<p>30            8am Morning Exercise</p> <p>10:30 SilverFit with Lorraine            4:50pm Pilates w Lisa</p> <p>6pm Mixology Fitness            7pm Zumba with Susan</p>	<p>1            8am Flex &amp; Tone with Steph</p> <p>9:10am Tabata with Lisa            10:30 SilverSlipper's Mandy            11:30 Yoga w Susan T</p> <p>5:30 Yoga with Marilyn            6:30pm BootCamp with Terry            7:30pm Zumba w Diane</p> <p><b>Like Us on FaceBook</b></p>	<p>2            10:30 am SilverFit Dance 30 and Conditioning 30 with Steph</p> <p>5:30 Come Spinn with Beth!            6:30 Mixology with Mitchell and the crew....</p>	<p>3            8am Flex &amp; Tone with Steph            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>4            No am childcare....            9am Rumba with Steph            10:30am SilverSneakers With Steph</p> <p>6pm Zumba w Susan            LIKE US on FaceBook @ Athletes Choice Fitness Center</p>	<p>5            Open 8-5pm            Happy Easter!</p>