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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, 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

## October 2017 Group Fitness Schedule

Mon	Tues	Wed	Thurs	Fri	Sat
2 8am Morning Exercise with Linda 9am Island Cardio Fit with Dianna 10:30 SilverFit with Lorraine  5pm Pilates with Lisa  7pm Zumba with Susan	3 9:10am Tabata with Lisa  10:30 SilverSlipper's Mandy  11:30 Yoga with Susan  5:30 YoGa with Marilyn 6:30 Bootcamp with Terry 7:30pm Zumba with Diane	4 9am Hot Hula w Christine 10:30 am SilverFit Dance 30 and Conditioning 30 with Lorraine  5:30 come Spin w Beth 6:30 KickBoxing with the crew....	5 9am Pilates with Lisa 10:15am SilverSneakers Kelly  11:15am Yoga with Susan T.  5:30 Yoga with Marilyn  6:30 Zumba with Diane  7:30 Bootcamp w Terry	6 9am Dance Fitness with Lorraine No am childcare....  10:30 SilverSneaker's with Linda  6pm Zumba w Susan Playcenter 6-7:30pm	7       Get Up To the Minute class updates on our Facebook page!! Go ahead like us there ☐
9 8am Morning Exercise with Linda 9am Island Cardio Fit with Dianna 10:30 SilverFit with Lorraine  5pm Pilates with Lisa 7pm Zumba with Susan	10 9:10am Tabata with Lisa  10:30 SilverSlipper's Mandy  11:30 Yoga with Susan  5:30 YoGa with Marilyn  6:30pm BootCamp with Terry  7:30pm Zumba with Diane	11 9am Hot Hula & Latin Heat Dianna 10:30 am SilverFit Dance 30 and Conditioning 30 with Lorraine  5:30 Come Spinn with Beth! 6:30 Kickboxing with the crew...	12 9am spinning with Beth  10:15am SilverSneakers Kelly  11:15 Yoga with Susan  5:30 Yoga with Marilyn 6:30 Zumba with Diane 7:30 Bootcamp with Terry	13 9am Dance Fitness with Lorraine No am childcare....  10:30am SilverSneakers with Lorraine  6pm Zumba w Susan Playcenter 6-7:30pm	14       LIKE US on Facebook @ Athletes Choice Fitness Center The building is in the front.
16 8am Morning Exercise with Linda 9am Island Cardio Fit  10:30 SilverFit with Lorraine  5pm Pilates w Lisa  7pm Zumba w Susan	17 9:10am Tabata with Lisa 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	18 9am Hot Hula w Dianna 10:30 am SilverFit Dance 30 and Conditioning 30 with Lorraine 5:30 Come Spinn with Beth! 6:30 Kickboxing with the crew...	19 9am Pilates with Lisa  10:15am SilverSneakers Kelly 11:15 Yoga with Susan  5:30 pm Yoga with Marilyn 6:30 Zumba with Diane 7:30 BootCamp with Terry  LIKE US on Facebook @ Athletes Choice Fitness	20 9am Dance Fitness with Lorraine No am childcare....  10:30am SilverSneakers with Lorraine  6pm Zumba w Susan Playcenter 6-7:30pm	21       OPEN 8-5pm  Get Up To the Minute class updates on our Facebook page!! Go ahead like us there ☐
23 9am Island Cardio Fit with Dianna  10:30 SilverFit with Lorraine  5pm Pilates w Lisa  7pm Zumba with Susan	24 9:10am Tabata with Lisa  10:30 SilverSlipper's Mandy 11:30 Yoga with Susan  5:30 Yoga w Marilyn  6:30 Bootcamp w Terry  7:30 Zumba with Diane <b>Like Us on Facebook</b>	25 9am Hot Hula w Dianna  10:30 am SilverFit Dance 30 and Conditioning 30 with Lorraine  5:30 Come Spinn with Beth! 6:30 Kickboxing with the crew...	26 9am Spinning with Beth  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	27 9am Dance Fitness with Lorraine No am childcare....  10:30am SilverSneakers with Linda  6pm Zumba w Susan Playcenter 6-7:30pm	28       Open 8-5pm  Get Up To the Minute class updates on our Facebook page!! Go ahead like us there ☐
30 8am Morning Exercise with Linda 9am Island Cardio Fit with Dianna  10:30 SilverFit w Lorraine  5pm Pilates w Lisa  7pm Zumba with Susan	31 9:10am Tabata with Lisa  10:30 SilverSlipper's 11:30 Yoga w Susan T.  TRICK OR TREAT No PM Classes & No childcare  <b>Like Us on Facebook</b>	1 Hot Hula-Christine 10:30 am SilverFit Dance 30 and Conditioning 30 with Lorraine  5:30 Come Spinn with Beth! 6:30 Kickboxing with the crew...	2 9am Pilates with 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 Dance Fitness with Lorraine No am childcare....  6pm Zumba w Susan  LIKE US on Facebook @ Athletes Choice Fitness Center	4       Open 8-5pm