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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 Never Plateau

## October 2018 Group Fitness Schedule

Mon	Tues	Wed	Thurs	Fri	Sat
1 9am Island Cardio 10:30 SilverSneaker's w Benice  6pm Mixology w Mitchell  7pm Zumba with Susan	2 10:30 SilverSneakers Benice  11:30 Yoga w Susan T  5:30 YoGa with Marilyn 6:30 Bootcamp with Terry 7:30pm Zumba with Maria	3 9am Hot Hula w Dianna  10:30 SilverFit Steph  6:30 Mixology with Mitchell and crew 7:30 Strong w Maria	4 10:30am SilverSneakers with Benice  11:30am Yoga with Susan T.  5:30 Yoga with Marilyn 6:30 Zumba with Diane 7:30 Bootcamp w Terry	5 9am Come Line Dance With Lorraine  10:30 SilverSneakers w Benice  6pm Zumba w Susan Playcenter 6-7:30pm	6 Congrats Kellan & Davis Norton You guys bring a fresh new passion and new perspective Excited for you guys!
8 9am Island Cardio 10:30 SilverSneaker's w Benice  6pm Mixology w Mitchell 7pm Zumba with Susan	9 10:30 SilverSneaker's Benice  11:30 Yoga with Susan T  5:30 YoGa with Marilyn 6:30pm BootCamp with Terry 7:30pm Zumba with Diane	10 9am Hot Hula w Dianna  10:30 Benice SilverSneaker's  6:30 Mixology with Mitchell and crew 7:30 Strong w Maria	11 10:30am SilverSneakers Benice  11:15 Yoga with Susan T  5:30 Yoga with Marilyn 6:30 Zumba with Diane 7:30 Bootcamp w Terry	12 9am Come Line Dance with Lorraine  10:30am SilverSneakers With Benice  6pm Zumba w Susan Playcenter 6-7:30pm	13 Get Up To the Minute class updates on our FaceBook page!! Go ahead like us there ☺
15 9am Island Cardio 10:30 SilverSneaker's with Benice  6pm Mixology cardio & weight training 7pm Zumba w Susan	16 10:30 SilverSneaker's Benice  11:30 Yoga w Susan T  5:30 YoGa with Marilyn 6:30pm BootCamp with Terry 7:30pm Zumba with Diane	17 9am Hot Hula w Dianna  10:30am Benice SilverSneaker's  6:30 Mixology with Mitchell and crew... 7:30 Strong with Maria	18 10:30am SilverSneakers Benice  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	19 9am Come Line Dance with Lorraine  10:30am SilverSneakers w Benice  6pm Zumba w Susan  Playcenter 6-7:30pm	20 OPEN 8-5pm Get Up To the Minute class updates on our FaceBook page!! Go ahead like us there ☺
22 9am Island Cardio 10:30 SilverSneaker's with Benice  6pm Mixology cardio & weight training 7pm Zumba with Susan	23 10:30 Silverneaker's Benice  11:30 Yoga with Susan T  5:30 Yoga with Marilyn 6:30 Bootcamp w Terry 7:30 Zumba with Diane  <b>Like Us on Facebook</b>	24 9am Hot Hula w Dianna  10:30 Benice SilverSneaker's  6:30 Mixology with Mitchell and crew 7:30 Strong with Maria	25 10:30am SilverSneakers Linda  11:30 Yoga w Susan T.  5:30 Yoga w Marilyn  6:30 Zumba with Diane 7:30 BootCamp with Terry  <i>It's easy to keep up with schedule changes on FaceBook</i>	26 9am Come Line Dance with Lorraine  10:30am SilverSneakers With Benice  6pm Zumba w Susan  LIKE US on FaceBook @ Athletes Choice Fitness Center	27 OPEN 8-5pm Get Up To the Minute class updates on our FaceBook page!! Go ahead like us there ☺
29 9am Island Cardio 10:30 SilverSneaker's w Benice  6pm Mixology w Mitch 7pm Zumba with Susan	30 9:00am Tabata with Lisa  10:30 SilverSneaker's Benice 11:30 Yoga w Susan T  5:30 Yoga with Marilyn 6:30pm BootCamp with Terry 7:30pm Zumba w Diane  <b>Like Us on Facebook</b>	31 9am Hot Hula w Dianna  10:30 Benice SilverSneaker's  6:30 Mixology with Mitchell and crew 7:30 Strong with Maria	1 10:30am SilverSneakers Linda  11:30 gentle Yoga w Susan T  5:30 Yoga with Marilyn  6:30 Zumba with Diane 7:30 BootCamp w Terry	2 9am Come Line Dance with Lorraine  10:30am SilverSneakers With Benice  6pm Zumba w Susan  LIKE US on FaceBook @ Athletes Choice Fitness Center	3 Open 8-5pm Get Up To the Minute class updates on our FaceBook page!! Go ahead like us there ☺