



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.
 8:00-11:00 am
 Monday evening 5-8PM
 Tues & Thur 5:30-8:30pm
 Wednesday 5:30-8pm.
 Friday 6-7:30pm

Athlete's Choice Fitness

September 2017 Group Fitness Schedule

Mon	Tues	Wed	Thurs	Fri	Sat
28 8am Morning Exercise with Linda 9am Zumba w Sandra 10:30 SilverFit with Lorraine 5pm Pilates with Lisa 7pm Zumba with Susan	29 9:10am Tabata with Lisa 10:30 SilverSlipper's Mandy 11:30 Yoga with Susan 5:30 YoGa with Marilyn 7:30pm Zumba with Diane	30 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....	31 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	1 No am childcare.... 10:30 SilverSneaker's with Linda 6pm Zumba w Susan Playcenter 6-7:30pm	2 Get Up To the Minute class updates on our Facebook page!! Go ahead like us there ☐
4 CLOSED 	5 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	6 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...	7 9am Pilates with Lisa 10:15am SilverSneakers Kelly 11:15 Yoga with Susan 5:30 Yoga with Marilyn 6:30 Zumba with Diane	8 9am Dance Fitness with Lorraine No am childcare.... 10:30am SilverSneakers with Linda 6pm Zumba w Susan Playcenter 6-7:30pm	9 LIKE US on Facebook @ Athletes Choice Fitness Center The building is in the front.
11 8am Morning Exercise with Linda 9am Zumba w Sandra 10:30 SilverFit with Lorraine 5pm Pilates w Lisa 7pm Zumba w Susan	12 9:10am Tabata with Lisa 10:30 SilverSlipper's Lorraine 11:30 Yoga w Susan 5:30 YoGa with Marilyn 6:30pm BootCamp with Terry 7:30pm Zumba with Diane	13 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...	14 9am Spinning with Beth! 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	15 9am Dance Fitness with Lorraine No am childcare.... 10:30am SilverSneakers 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 8am Morning Exercise with Linda 10:30 SilverFit with Lorraine 5pm Pilates w Lisa 7pm Zumba with Susan	19 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 Like Us on Facebook	20 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...	21 9am Pilates with 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	22 9am Dance Fitness with Lorraine No am childcare.... 10:30am SilverSneakers 6pm Zumba w Susan Playcenter 6-7:30pm LIKE US on Facebook @ Athletes Choice Fitness Center	23 Open 8-5pm Get Up To the Minute class updates on our Facebook page!! Go ahead like us there ☐
25 8am Morning Exercise with Linda 10:30 SilverFit w Lorraine 5pm Pilates w Lisa 7pm Zumba with Susan	26 9:10am Tabata with 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 w Diane Like Us on Facebook	27 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...	28 9am Spinning with Beth!! 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	29 9am Dance Fitness with Lorraine No am childcare.... 10:30am SilverSneakers 6pm Zumba w Susan LIKE US on Facebook @ Athletes Choice Fitness Center	30 Open 8-5pm