

# GroupFitness

	Mon	Tue	Wed	Thu	Fri	Sat	Sun	www.fitness24-7.com
<b>5:30 AM</b>	<b>SPIN:</b> (Hills-sprints) Amanda H.	<b>Rip</b> Angie	<b>SPIN:</b> (Intervals) Amanda H.	<b>Rip</b> Angie				<b>30/30</b> 30 minutes of the barbell class, Rip, followed by 30 minutes of cardio. This class will work your entire body. Show up for either half or the full hour.
<b>9:15 AM</b>						<b>Pump</b> Sarah		<b>Pump</b> The ideal barbell workout for anyone looking for a full body strength training class. It's choreographed to fun, upbeat music for a great way to burn calories and build muscle
								<b>Rip®</b> Using light to moderate weights with lots of repetition, students do lunges, presses, curls and squats to increase muscle strength. Matching movement to music and using traditional weight training allows participants to work at their own level.
<b>5:30 PM</b>	<b>Rip</b> Amanda C.			<b>30/30</b> Amanda C.				<b>SPIN: All-Terrain</b> Alternating hill climbing, sprint variations, and intervals of heart rate elevation with short periods of recovery designed to burn fat and calories.
<b>5:45 PM</b>		<b>SPIN:</b> (All-Terrain) Sarah						<b>SPIN: Hills &amp; Sprints</b> Class of alternating hill climbing and sprint variations with short periods of active recovery between sprints.
<b>6:40 PM</b>	<b>Zumba</b> Angie			<b>Zumba</b> Angie				<b>SPIN: Intervals</b> All-terrain class alternating intervals of heart rate elevation with active recovery designed to burn fat and calories and increase V02 max.

**5:30 AM classes not available for single-day memberships & childcare not provided.  
Children not permitted in any classroom due to our insurance requirements.**

All Classes, Times, and Instructors are subject to change and/or cancellation without notice.  
The closing of Coweta Schools due to weather will result in canceled morning classes.  
Classes may be canceled during holidays. For verification, check our Facebook page @ **Fitness247coweta**

**Yoga**  
For anyone looking to reduce stress, increase flexibility, range of motion, balance, and strength. Whether a beginner or a more experienced, you will feel at home in this fun and challenging class.

**Zumba®**  
Lose yourself in the music and find yourself in shape at the original dance-fitness party™.