

<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>	<u>Saturday</u>
<b>5:30am-8pm</b>	<b>5:30am-8pm</b>	<b>5:30am-8pm</b>	<b>5:30am-8pm</b>	<b>5:30am-7pm</b>	<b>8:00am-3pm</b>
<p>6:00am <i>Intermediate Yoga-</i></p> <p>8:30am <i>Power Hour-</i></p> <p>9:00am <i>Power Circuit</i></p> <p>10:30 <i>Silver Sneakers BOOM Move</i></p> <p>9:30am <i>Silver Sneakers Yoga</i></p> <p>10:30 <i>Silver Sneakers Yoga</i></p> <p>11:30 <i>Gentle Yoga</i></p> <p>Noon- <i>HIIT</i></p> <p>1:00pm- <i>Silver Sneakers Circuit</i></p> <p>5:30pm <i>Pilates</i></p> <p>5:30pm-<i>Zumba</i></p>	<p>9:00am-<i>Barre'</i></p> <p>9:30am-<i>Zumba</i></p> <p>10:30 <i>Silver Sneaker Classic</i></p> <p>Noon-<i>HIIT</i></p> <p>5:30-<i>Power Hour</i></p> <p>5:30-<i>Intermediate Yoga</i></p>	<p>6:00am- <i>Barre'</i></p> <p>9:00am <i>Power Circuit</i></p> <p>9:00am <i>Power Circuit</i></p> <p>10:30 <i>Silver Sneakers Boom Muscle</i></p> <p>10:30 <i>Silver Sneakers Yoga</i></p> <p>Noon-<i>Upper Body</i></p> <p>1:00pm- <i>Silver Sneakers Classic:</i></p>	<p>9:00am-<i>Barre'</i></p> <p>9:30am- <i>Zumba:</i></p> <p><i>Silver Sneakers Circuit</i></p> <p>10:30am:</p> <p>Noon-<i>All About Legs</i></p> <p>5:30-<i>Power Hour</i></p> <p>5:30-<i>Intermediate Yoga</i></p>	<p>6:00am <i>Intermediate Yoga</i></p> <p>9:00am-<i>Power Circuit</i></p> <p>10:30-<i>Silver Sneaker Boom Move:</i></p> <p>9:30 <i>Silver Sneakers Yoga</i></p> <p>10:30 <i>Silver Sneakers Yoga</i></p> <p>11:30-<i>Gentle Yoga</i></p> <p>Noon-<i>Core</i></p>	<p>9:00am <i>Power Hour</i></p> <p>10:00am <i>Zumba</i></p> <p style="text-align: center;"><b>Sunday</b> <b>1pm-5pm</b></p>
				<p><b>770-254-3550</b></p> <p><a href="http://Piedmont.org/newnanfitnesscenter">Piedmont.org/newnanfitnesscenter</a></p>	