

<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>	<u>Saturday</u>
5:30am-8pm	5:30am-8pm	5:30am-8pm	5:30am-8pm	5:30am-7pm	8:00am-3pm
6:00am Intermediate Yoga	9:00am-Barre'	6:00am- Barre	9:00am-Barre'	6:00am Intermediate Yoga-	9:00am Power Hour
8:30am Power Hour	9:30am-Zumba	9:00am Power Circuit-	9:30am- Zumba:	9:00am-Power Circuit	10:00am Zumba
9:00am Power Circuit	10:30 Silver Sneaker Classic	9:00am Power Circuit	Silver Sneakers Circuit	10:30-Silver Sneaker Boom	Sunday 1pm-5pm
10:30 Silver Sneakers BOOM Move	Noon-HIIT	10:30 Silver Sneakers Boom Muscle:	10:30am	Move:	
9:30am Silver Sneakers Yoga	5:30-Power Hour	10:30 Silver Sneakers Yoga	Noon-All About Legs	9:30 Silver Sneakers Yoga	
10:30 Silver Sneakers Yoga	5:30-Intermediate Yoga	Noon-Upper Body	5:30-Power Hour	10:30 Silver Sneakers Yoga	
11:30 Gentle Yoga		1:00pm- Silver Sneakers Classic	5:30-Intermediate Yoga	11:30-Gentle Yoga	
Noon- HIIT-		Cardio/Pump:	* Closed Nov. 27*	Noon-Pilates	
1:00pm- Silver Sneakers Circuit-		*No classes after noon/11/26*		*No Classes Nov. 28*	
5:30pm Pilates					
5:30pm-Zumba					
				770-254-3550 Piedmont.org/newnanfitnesscenter	