



APRIL CLASS SCHEDULE

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
5:45 AM		CYCLE <i>Wendy</i>				CHECK GROUP FITNESS DOOR FOR SATURDAY SCHEDULE
7:30AM		TABATA BOOT CAMP <i>Debbie</i>			TABATA BOOT CAMP <i>Debbie</i>	
8:30 AM	ULTIMATE CYCLE <i>Wendy</i>	TOTAL BODY STRENGTH <i>Debbie</i>	ULTIMATE CYCLE <i>Wendy</i>	HOTBOX <i>Mirasol</i>	TOTAL BODY CONDITIONING <i>Debbie</i>	(Alternating Schedule) MORNING MIX UP <i>Various Instructors</i>
9:35 AM	30/30 STRENGTH CARDIO <i>Shonda</i>	RHYTHM & FLOW CYCLE <i>Shonda</i>	TOTALLY DEFINED <i>Debbie</i>	ULTIMATE FUSION <i>Shonda</i>	PILATES BARRE <i>Debbie</i>	YOGA FLOW <i>Elvis</i>
10:40AM	YOGA YEN <i>Elvis</i>	CORE & MORE <i>Shonda</i>	PILATES & CORE STRENGTH <i>Debbie</i>	CORE & MORE <i>Shonda</i>	YOGA FREE FLOW <i>Elvis</i>	
12:00PM	FIT FOR LIFE <i>Kelly</i>		FIT FOR LIFE <i>Kelly</i>	ZUMBA GOLD <i>Lisa</i>	FIT FOR LIFE <i>Kelly</i>	
5:35 PM	TOTAL BODY CONDITIONING <i>Debbie</i> <i>Begins 5:30pm</i>	HIIT <i>Shonda</i>	YOGA <i>Sue</i> <i>Begins 5:00pm</i>	RHYTHM & FLOW CYCLE <i>Shonda</i>	<div style="border: 1px solid black; padding: 5px;"> <p style="text-align: right; font-size: small;">Saturday</p> <p>FREE COMMUNITY CLASSES!</p> <p>APRIL 6 ZUMBA</p> <p>FITNESS IN THE PARK</p> <p>with Ultimate Fitness</p> <p>City Center Park at 9am</p> <div style="display: flex; justify-content: space-around; font-size: x-small;"> <div style="text-align: center;"> <p>April 6</p> <p>April 13</p> <p>April 20</p> <p>April 27</p> </div> <div style="text-align: center;"> <p>Zumba</p> <p>Core & More</p> <p>Tabata</p> <p>Total Body</p> </div> </div> <p style="font-size: x-small; text-align: center;">FREE CLASSES OPEN TO THE COMMUNITY 310 Stonewall Ave W, Fayetteville, GA 30214</p> </div>	
6:40 PM	PILATES CORE STRENGTHENING <i>Debbie</i> <i>Begins 6:20pm</i>	ZUMBA <i>Lisa</i>	MIXXEDFIT <i>Jennifer</i> <i>Begins 6:30pm</i>	SENSUAL BAR <i>Shonda</i>		
7:40 PM		HITT <i>Marisol</i>		HITT <i>Marisol</i>		

	<p>@ultimate_fitness_fayetteville Use phone to scan QR Code --></p>		
	<p>Ultimate Fitness Use phone to scan QR Code --></p>		<p style="color: red; text-align: center;">GROUP FITNESS CLASS UPDATES</p> <p style="text-align: center;">FOLLOW US ON SOCIAL MEDIA</p> <p>Class updates are posted on Instagram and Facebook. Generally, our classes follow the local school district open/close schedule. This means that if schools are closed for whatever reason during the school year, we will not have classes on that day. Also, the class schedule may be modified for the safety of members.</p>