Starting
NOVEMBER

Crabapple
Group Fitness Schedule

Publix Shopping Center
270 Rucker Rd.
Alpharetta, GA 30004
770-751-1837

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
9:30-10:30am	*Stretching* Jana		***Beginners Yoga*** Christine			
5:15-6:00pm		**CIRCUIT STRENGTH** Susannah		**CIRCUIT STRENGTH** Susannah		
6:30-7:30pm	***Cardio Kick Coming Jan.***	ZUMBA FITNESS Elena	***Cardio Kick Coming Jan.***	ZUMBA FITNESS Elena		

These classes are for YOU! We'd love to hear your feedback!
Friend us on FACEBOOK-Anytime Fitness North Roswell- and send us a message as well as stay updated on class changes!

NO CLASSES FOR THE HOLIDAYS SO YOUR INSTRUCTORS CAN ENJOY TIME WITH THEIR FAMILIES ☺

NOVEMBER 20-27

HAPPY THANKSGIVING!