

**NOVEMBER
2011**



**Alpharetta
Group Fitness Schedule**

5905 Alpharetta Hwy. Ste 116
Alpharetta, GA 30004
770-558-4564

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
8:30-9:25am		SPINNING Jeri Sue		SPINNING Marta	ZUMBA Anna	
9:30-10:30am			<i>Pilates</i> Tanya		<i>Pi-Yo</i> Tanya	
10:00-11:00am						ZUMBA Debby
11:45am-12:30pm	BOOTCAMP Corey	STRENGTH Jeri Sue	BOOTCAMP Corey	STRENGTH Jeri Sue	BOOTCAMP Corey	
5:30-6:25pm	ZUMBA Anna		SPINNING Alecia	ZUMBA Jodi		
6:30-7:30pm	SPINNING Alecia/Carolyn	<i>Yoga</i> Pao				

These classes are for YOU! We'd love to hear your feedback!

Friend us on FACEBOOK-Anytime Fitness Alpharetta- 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!