



AXCESS FITNESS

OPEN 24 HOURS

2535 Hickory Grove Rd. Acworth, GA 30101

770-975-9960

Group Fitness Classes

NEW!

NEW TIME!

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		PILATES 9:00am – 10:00am with Cindy			Zumba 9:00am -10:00am with Lisa
Zumba 7:00pm – 8:00pm with Cindy	Zumba 7:00pm – 8:00pm with Lisa	Zumba 7:00pm – 8:00pm with Cindy	Zumba 7:00pm to 8:00pm with Cindy		AWESOME ABS! 10:00am -10:30am with Cam

New Instructor Lisa!

Hi, I'm Lisa Shaw... I'm totally excited to be hosting Zumba Party with Lisa at Axxcess Fitness!

I think that people take Zumba classes because it makes them feel energized, plus it's so much fun! I participated in my first Zumba class in Charlotte, NC while visiting a relative back in 2008. I enjoyed it so much that I asked for it at my gym and later became a Zumba instructor based on the encouragement and motivation I received from my instructors and friends. It's been a fun & crazy ride!!!

About Cindy

Cindy is a high energy & fun teacher who will make you sweat. No excuses in her class because she has 8 kids to keep up with outside from teaching her awesome classes! Come join the fun in her next class!

About Cam

Cam is a new Personal Trainer at Axxcess Fitness. Cam likes to keep it simple, but he's going to kick your butt! Nothing fancy just good old fashioned sweat and tears. Come take his Awesome Abs class where core is his focus and that's where you'll feel and see the results!