

Piedmont Newnan Fitness Center Class Schedule

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
OPEN 7:00am - 7:00pm	OPEN 7:00am - 7:00pm	OPEN 7:00am - 7:00pm	OPEN 7:00am - 7:00pm	OPEN 7:00am - 5:00pm	OPEN 8:00am - 1:00pm	CLOSED
9:00am Power Hour	9:00am Barre	9:00am Power Hour/Cardio	9:00am Barre	9:00am Step	NO Saturday Classes in December!	
			9:00am Zumba			
10:30am SilverSneakers® BOOM Move	10:30am SilverSneakers® Yoga	10:30am SilverSneakers® Circuit	10:30am SilverSneakers® Yoga	10:30am SilverSneakers® Classic	NO Saturday Classes in December!	
12:00pm HIIT	12:00pm Upper Body	12:00pm All about Legs	12:00pm Barre	12:00pm Core	NO Saturday Classes in December!	
5:30pm Zumba	5:30pm Power Hour	5:30pm Barre	*NO Classes, Christmas Eve, CLOSED Christmas Day.	January 1st CLOSED!	NO Saturday Classes in December!	

770.254.3550

piedmont.org/newnanfitnesscenter



FITNESS CENTER