

STAFF HOURS:
Mon-Thu 8:00am-8:00pm
Fri- 8:00 am-5:00 pm
Sat-8:00 am -1:00 pm

CHILDCARE HOURS

CLUB FITNESS

770-233-1113

549 N. EXPRESSWAY, GRIFFIN, GA 30223



BODYPUMP is the original barbell workout for absolutely everyone. Using light to moderate weights with lots of repetition BODYPUMP gives you a total body workout that burns calories, strengthens, and tones.



BODYSTEP is basic stepping, just like walking up and down stairs. This full-body cardio workout will really tone your butt and thighs.



Everyone finishes first in Cycling. Pedal in groups, roll over hills, chase the pack, climb mountains and spin your way to burning calories and strengthening your lower body. Super intense workout with heart-pounding music, lots of sweat, and lots of fun.



ZUMBA is a cardio based workout with sculpting designed to tone and sculpt the entire body from top to bottom. Zumba is a FUN dance class great for the body, soul, and mind! It is a mixture of simple Latin, hip-hop, and salsa dance moves! Everyone gets a great workout and has a BLAST in ZUMBA!

Classic



SilverSneakers is a multi-level, equipment based, total body conditioning class. The overall class objective is to minimize age-related physical deterioration, improve health-related and skill-related physical fitness components to increase functional activities for daily living, and increase a person's sense of well-being in a group exercise setting. Great for beginners!

Cardio Circuit



Combine fun with fitness to increase your cardiovascular and muscular endurance with a standing circuit workout. Upper-body strength work with hand-held weights, elastic tubing with handles, and a SilverSneakers ball is alternated with low-impact aerobic choreography. This class is easily adapted for any fitness level. A chair is available for standing support and stretching.



Virtual class where you learn the basic moves and format of a LES MILLS BODYFLOW workout.

Intervelocity

High-intensity interval training that improves cardio, strength, and overall fitness.



Virtual 30-minute core conditioning workout targeting all the muscles around the core. A strong core makes us better at everything we do.



Virtual 30-minute class where you learn the basic moves and format of a LES MILLS BARRE workout.



Crossfit is a precise way to fitness. By training the athlete to become "fit" in all aspects including nutrition, metabolic conditioning, weightlifting, and gymnastics. It is community based and intensity driven. You WILL GET THE RESULTS YOU DREAMED OF! See the front desk to get started.

CROSSFIT CLASSES are held-

Monday - Friday 9:00-10:00 AM, 5:00-6:00 PM
Saturday - 9:00 AM-2:00 PM - Open Gym

CLUB FITNESS

Thank you for your interest in Club Fitness. Our goal is to provide you and your family with a clean, modern, friendly environment so that you and your family can reach your fitness goals.

ADDITIONAL SERVICES:

PERSONAL TRAINING - We have AWESOME Certified Personal Trainers on staff. See the front desk for more information.

SilverSneakers YOGA



Get ready to move through a complete series of seated and standing yoga poses. Chair support is offered so you can perform a variety of seated and standing postures designed to increase flexibility, balance and range of movement.

Tone Loco

Combines strength, cardio, and core training into one complete and convenient workout. Workout includes a variety of exercises to make you sweat and elevate your heart rate. Keeps you entertained while burning maximum calories.

Flow Motion Yoga,

Pilates, and core strengthening all in one amazing class

LES MILLS SH'BAM Virtual class that is a fun-loving, insanely addictive dance workout. no dance experience required.



Virtual BODYCOMBAT is a high-energy martial arts-inspired workout that is totally non-contact. Punch and kick your way to fitness and burn up to 740 calories** in a class. No experience needed.