

STAFF HOURS:

Mon-Thu 8:00am-8:00pm

Fri- 8:00 am-5:00 pm

Sat-8:00 am -12:00 pm

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.



LES MILLS GRIT™ Cardio is a 30 minute high-intensity interval training (HIIT) workout that improves cardiovascular fitness, increase speed and maximize calorie burn.



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.



LES MILLS GRIT™ Plyo is a 30 minute high-intensity interval training (HIIT) plyometric-based workout, designed to make you perform like an athlete.



45 Minutes of full body weighted circuit training. Held in the Asylum! Running, flipping tires, squats. So much fun!

Introduction to Group Fitness

A 30 minute explanation of our classes, instructors, and plans. If you are interested in any classes or just general information this class is for you!



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 6AM, 9AM, 4:30PM 5:30PM

Saturday - 9:00 AM-12:00 PM - Open Gym

CHILDCARE HOURS

Mon-Sat 8:00am- 12:00pm

Mon-Thu 4:00pm - 7:30pm

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.

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.

Know How Strength and Nutrition

Have you scheduled your **FREE** Smart Start?

Contact Gary @ 269-352-2307

Weighted intervals

Interval training with a twist! Enjoy weights, cardio, and abs sprinkled with a bit of kickboxing and tabata! This class is sure to get your heart rate up and blood flowing.



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.