



2009 Fall Schedule

Effective 8/10/2009

Level 1 (Ages 7-9)			Level 2 (Ages 10-12)		
Monday-Thursday	Friday	Saturday	Monday-Thursday	Friday	Saturday
6:00pm	4:30pm	9:00am	6:00pm	4:30pm	9:00am
Level 3 (Ages 12-14)			Level 4 (Ages 15-18)		
Monday-Thursday	Friday	Saturday	Monday-Thursday	Friday	Saturday
4:30pm 7:00pm	4:30pm	10:15am	4:30pm 7:00pm	4:30pm	10:15am
Adult Fitness					
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:30am 7:00am 8:15am 6:00pm	5:30am 8:15am* 6:00pm	5:30am 7:00am 8:15am 6:00pm	5:30am 8:15am 6:00pm	5:30am 7:00am 8:15am* 6:00pm	9:00am

* SPEED Fusion is a fun, high-intensity mix of ESD (Energy System Development, or Cardio) & Pilates. The class will be split into two 45 minute sections. The first 45 minutes will burn max calories and tone muscles in a circuit like only SPEED can create. The second section is Pilates with focus on core & flexibility. Although the class is designed to be 1.5 hrs, adults may choose to attend either 45 minute session only.

Remember... you can take advantage of convenient online scheduling at www.speedsportsperformance.com
 Online classes must be scheduled more than 24 hours in advance of the start time. If you wish to schedule for a class within 24 hours, please call us at 770-632-5432 before Noon on the day of the class for us to schedule for you. Class days and times are subject to change.