

# Clubhouse Fitness Classes

## MARCH/APRIL 2020

### REGISTER NOW!

#### General Information

**Session:** 7 weeks (due to Spring Break)  
**Classes:** Begins the week of March 2, 2020  
**Cost:** Resident/Non-Resident: 7 weeks \$44/\$66  
**Instructors:** All classes are instructed by Certified Fitness Instructors

**Registration Deadline: Friday, February 21, 2020**  
**\$10 late fee for registrations received after the deadline**

#### ZUMBA DANCE FITNESS

Class	Day	Time	Instructor
Zumba Dance Fitness	Wednesday	6:00 PM	Judy
Dance Fitness	Saturday	10:15 AM	Rachel

#### STRENGTH AND CARDIO CONDITIONING

Class	Day	Time	Instructor
20/20/20 (Cardio/Resistance Training)	Tuesday	10:30 AM	Nicole
HIIT Circuit Training	Friday	9:30 AM	Nicole

#### YOGA

Class	Day	Time	Instructor
Monday Movement Yoga	Monday	6:15 PM	Monique
Friday Fitness Flow Yoga	Friday	8:15 AM	Megan
Yin & Restore Yoga	Saturday	9:00 AM	Monique

#### BARRE

Class	Day	Time	Instructor
Barre Fusion	Saturday	11:00 PM	Rachel

**Newtown Park Community Clubhouse**

3115 OLD ALABAMA ROAD JOHNS CREEK, GA 30022

To register and for more details visit [www.JohnsCreekGA.gov](http://www.JohnsCreekGA.gov)

Questions? Call Recreation & Parks at 678-512-3200 or email Sunnie McWalters at [Sunnie.McWalters@JohnsCreekGA.gov](mailto:Sunnie.McWalters@JohnsCreekGA.gov)