

Fitness Schedule

Monday:



6:00pm – Nutri-Chair Dancing

7:00pm – Dancerciz LineDancing

Tuesday:



6:00pm – Tums, Bums & Legs Toning

7:00pm – BoxErcize

Thursday:



6:00pm – Fit BodyShaping

7:00pm – Boot Camp Extreme!

Saturday:



9:00am – Yoga/Stretch n Flex

10:00am – Boot Camp Basics

Class Fees:

\$7.00 per class

\$25.00 per month

\$40.00 Buddy System (no splits)

We cater to all fitness levels and age groups

For information or class descriptions call 470-377-1511



Body by U Fitness

@ Boundary Water Park

5000 Hwy 92, Douglasville, GA 30135



Classes that meet you where U are!

No more excuses! A better lifestyle starts with a healthier U!

470-377-1511vm

Em: bodybyufitness2015@gmail.com

Join our Dream Team for fun, fellowship, fitness and nutrition.

We're a circle of **strength**,
founded on **faith**, joined by **love**
and **kept** by God.

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