

EveryBODY Fitness Studio

11945 Augusta Rd Lavonia Ga 30553 706-765-5880

May 2025

Sun	Mon	Tue	Wed	Thu	Fri	Sat
Now accepting Silversneakers, Renew Active, One Pass, Active&Fit, & Silver&Fit	*\$10 per class or \$60 for Monthly Membership	*Private Sessions are available, individual & groups	“Let’s Keep Moving”	1 Yoga 9:00am Seniors & Beginners (Strengthening)10:30am Pilates 5:30pm Beginner Kickboxing 6:30pm	2 Seniors & Beginners (Strength,Cardio,Balance) 10:30am Kettlebells 12pm	3 Pilates 9:00am Kickboxing Bootcamp 10:00am Dance Aerobics 11:00am (seniors/beginners)
4 Closed Active Rest Day	5 Yoga 9:00am Core Conditioning 10:30am (Seniors/beginners) Kids Fitness 11:30am Suspension Strength Training 6pm	6 Seniors & Beginners (Strength,Cardio,Balance) 10:30am FullBody Toning 12pm Pilates 5:30pm(30min) Stride & Strength 6:15pm	7 Closed Active Rest Day	8 Yoga 9:00am Seniors & Beginners (Strengthening) 10:30am Pilates 5:30pm Beginner Kickboxing 6:30pm	9 Seniors & Beginners (Strength,Cardio,Balance) 10:30am Kettlebells 12pm	10 Pilates 9:00am Kickboxing Bootcamp 10:00am Dance Aerobics 11:00am (seniors/beginners)
11 Happy Mother’s Day	12 Yoga 9:00am Core Conditioning 10:30am (Seniors/beginners) Kids Fitness 11:30am Suspension Strengthening 5:30pm Sound Healing 7pm	13 Seniors & Beginners (Strength,Cardio,Balance) 10:30am FullBody Toning 12pm Pilates 5:30pm(30min) Step & Strength 6:15pm	14 Closed Active Rest Day	15 Yoga 9:00am Seniors & Beginners (Strengthening) 10:30am Pilates 5:30pm Beginner Kickboxing 6:30pm	16 Seniors & Beginners (Strength,Cardio,Balance) 10:30am Kettlebells 12pm	17 Pilates 9:00am Kickboxing Bootcamp 10:00am Dance Aerobics 11:00am (seniors/beginners)
18 Closed HAPPY EASTER Active Rest Day	19 Yoga 9:00am Core Conditioning 10:30am (Seniors/beginners) Kids Fitness 11:30am Suspension Strength Training 6pm	20 Seniors & Beginners (Strength,Cardio,Balance) 10:30am FullBody Toning 12pm Pilates 5:30pm(30min) Stride & Strength 6:15pm	21 Closed Active Rest Day	22 Yoga 9:00am Seniors & Beginners (Strengthening)10:30am Pilates 5:30pm Beginner Kickboxing 6:30pm	23 Seniors & Beginners (Strength,Cardio,Balance) 10:30am Kettlebells 12pm	24 Pilates 9:00am Kickboxing Bootcamp 10:00am Dance Aerobics 11:00am (seniors/beginners)
25 Closed Active Rest Day	26 Memorial Day TBD based on client participation.	27 Seniors & Beginners (Strength,Cardio,Balance) 10:30am FullBody Toning 12pm Pilates 5:30pm(30min) Step & Strength 6:15pm	28 Closed Active Rest Day	29 Yoga 9:00am Seniors & Beginners (Strengthening)10:30am Pilates 5:30pm Beginner Kickboxing 6:30pm	30 Seniors & Beginners (Strength,Cardio,Balance) 10:30am Kettlebells 12pm	31 Pilates 9:00am Kickboxing Bootcamp 10:00am Dance Aerobics 11:00am (seniors/beginners)