

elite fitness



OPEN HOURS: Monday - Sunday 4:00 A.M. to 9:00 P.M.

CHILDCARE

Offered at Elite Fitness main location.
228 W Clinton St, Gray, GA

CHILDCARE HOURS

Monday - Friday 9:00 A.M. - 11:00 A.M.
Monday - Thursday 5:00 P.M. - 7:30 P.M.

SCHEDULE MONDAY – TUESDAY

MONDAY

5:00 a.m. - 6:00 a.m. – WARRIOR WORKOUT
- Keith Morgan

TUESDAY

6:00 p.m. - 7:00 p.m. – STRETCH, STRENGTH & STAMINA
- Jacob Walden

SCHEDULE FRIDAY - SATURDAY

FRIDAY

5:00 a.m. - 6:00 a.m.- FULL BODY FUNCTIONAL STRENGTH
- Kaleb Brown

SATURDAY

8:00 a.m. - 9:00 a.m.- FULL BODY FUNCTIONAL STRENGTH
- Kaleb Brown

CLASS DESCRIPTIONS:

WARRIOR WORKOUT

This class is intended to help improve your cardiovascular and musculoskeletal strength through an all-around athletic workout focusing on technique and fundamental exercises.

STRETCH, STRENGTH & STAMINA

This class is intended to help you gain more strength and flexibility while being able to have the endurance to sustain the breakdown of the muscles.

FULL BODY FUNCTIONAL STRENGTH

This class is intended to develop a fundamentally strong body that can translate well to everyday life.