

Fitness Classes at

The  
Defoor  
Centre

1710 Defoor Avenue NW  
Atlanta, Georgia 30318  
404-591-3900

[www.defoorcentre.com](http://www.defoorcentre.com)

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Instructor: Faye Scott

## Classes Beginning February 12th

Your choice of 8-week sessions where you receive group exercise training for all levels of fitness in Yoga, Pilates and Fit-Mix.

Monday 9:00 am - Yoga

Monday 6:00 pm - Yoga

Monday 7:00 pm - Pilates

Tuesday 7:15 pm - Yoga with stretch/relaxation

Wednesday 6:15 pm - Yoga

Thursday 5:30 pm - Fit-Mix with weights, yoga, pilates & stretch

Thursday 6:30 pm - Yoga

For more information call

Faye Scott at 404-314-3631 or email

[fayescottfitness@comcast.net](mailto:fayescottfitness@comcast.net)