

# LOCAL GYMS

## Onelife Fitness

There is gym equipment, training programs, classes, and lots of amenities.

Locations: Newnan & Peachtree City

Hours:

Monday-Thursday 5am-10pm

Friday 5am-9pm

Saturday & Sunday 8am-6pm

Price: starts at \$29.99 a month (express starts at \$19.99 a month)

There is child care!

<https://www.onelifefitness.com>

## Orange Theory

Heart-rate based cardio & Strength training classes.

Locations: Newnan & Peachtree City

Hours:

Newnan

Monday-Friday 5am-8pm

Saturday & Sunday 7am-11:30am

Peachtree City

Monday-Friday 5am-6:45pm

Saturday & Sunday 7:30am-12:15pm

Price: starts at \$79.00 a month, \$19.75 a class

There is no child care!

<https://www.orangetheory.com>

## Snap Fitness

There is personal training, free weights, cardio, strength, and functional training equipment.

Locations: Newnan & Senoia

Hours: 24/7

Price: \$39.95 a month

There is no child care!

<https://www.snapfitness.com/us>

## Summit Family YMCA

There are group classes, pool, track, courts, and sauna.

Locations: Newnan

Hours:

Monday-Thursday 5am-10pm

Friday 5am-9pm

Saturday 7am-6pm

Sunday 12pm-6pm

Price of memberships:

Family \$109 a month

Adult \$61 a month

Senior Adult \$59 a month

Young Adult \$37 a month

Teen \$25 a month

There is child care!

<https://www.ymca.org/locations/summit-family-ymca>

## Neighborhood Barre

This is a low-impact workout.

Locations: Newnan

Hours: Changes by day

Price: Starts at \$25 for one class, memberships available

There is no child care!

<https://neighborhoodbarre.com>

## HOTWORX

This is a 30 minute long workout or a 15 minute HIIT session in an infrared sauna.

Locations: Newnan & Peachtree City

Hours: 24/7

Price: starts at \$59 a month

There is no child care!

<https://www.hotworx.net>



# LOCAL GYMS

## Crossfit Higher Ground

Provides crossfit training and open gym.

Locations: Newnan

Hours:

Open gym

Monday-Friday ALL DAY

Saturday 8am-12pm

Sunday 1pm-3pm

Classes

Monday-Friday 5am-5:45pm

Saturday 8am-9:15am

Price: starts at \$139 a month

There is no child care!

<https://www.crossfithigherground.com>

## Piedmont Newnan Fitness Center

There is a variety of exercise programs and equipment.

Locations: Newnan

Hours:

Monday-Thursday 5:30am-8pm

Friday 5:30am-7pm

Saturday 8am-3pm

Sunday 1pm-5pm

Price: N/A

There is no child care!

<https://www.piedmont.org/locations/fitness-centers/newnan-fitness/newnan-fitness-home>

## CrossFit Shakerag

They offer crossfit classes, personal training, strength and conditioning, olympic lifting, and nutrition coaching.

Locations: Peachtree City

Hours: Varies

Price: N/A

There is no child care!

<https://crossfitshakerag.com>

## Crossroads Fitness

They offer an infrared sauna, cardio options, personal training, group workouts, cycling, tanning, weights, hydro massage, and all different types of equipment.

Locations: Sharpsburg

Hours: 24/7

Price: starts at \$35

There is child care!

<https://www.crossroadfitness.com>

## GoPerformance & fitness

They have 24/7 gym access, adult fitness groups, young athletic training, team training, and customized nutrition training.

Locations: Peachtree City

Hours: 24/7

Price: starts at \$55 a month

There is no child care!

<https://goperformanceptc.com>

## American Athletix

This is a family owned gym that provides weightlifting, cardio, and gymnastics classes.

Locations: Newnan

Hours:

Monday-Friday 6am-5:30pm

Saturday 9am (open gym), 10am (group class)

Sunday CLOSED

Price: starts at \$100 a month

There is no child care!

<https://www.axfit.org>



# LOCAL GYMS

## Renew Fitness Center

They offer fitness plans with Therapeutic Toning Tables, cardio & rehab equipment, weights, infrared sauna, and a relaxation area.

Locations: Newnan

Hours:

Monday-Thursday 7:45am-1pm and 3pm-6pm

Friday 7:45am-1pm

Price: N/A

There is no child care!

<https://renewfitnesscenter.net>

## Burn Boot Camp

They offer 45-minute workouts, nutritional support, trainer focus meetings, and access to online workouts.

Locations: Newnan & Peachtree City

Hours: Varies

Price: starts at \$69 for 4 weeks

There is child care!

<https://burnbootcamp.com>

## Fitness 54

They have pools, classes, personal training, tanning, racquetball and pickleball courts, and all different types of equipment for cardio and strength training.

Locations: Peachtree City

Hours:

Monday-Thursday 5am-9pm

Friday 5am-8pm

Saturday 7am-6pm

Sunday 10am-6pm

Price: starts at \$14.95 a month

There is no child care!

<https://fitness54.com>

## Crossfit Coweta

They offer workouts programmed to exercise and stretch your capabilities.

Locations: Sharpsburg

Hours:

Monday-Thursday 5am-6:30pm

Friday 5am-5pm

Saturday 9am

Sunday CLOSED

Price: starts at \$100 a month

There is no child care!

<https://www.crossfitcoweta.com>

## Laboratory Fitness

This is a revolutionary fitness technology that helps you achieve your health and wellness goals.

The technology combines compression, cooling, and interval training.

Locations: Peachtree City

Hours:

Monday-Thursday 6am-6pm

Friday & Saturday 6am-1pm

Sunday CLOSED

Price: N/A

There is no child care!

<https://www.laboratoryfitness.com>

