Gyms: Info needed per project requirements

Hours of operation

Classes offered

Time and day of classes

Contact information (phone, email, etc.)

A link to the website to schedule or find out more info

1. Maxwell AFB Fitness Center:

**Mon – Fri:** 5 a.m. – 8 p.m.  
**Sat – Sun:** 9 a.m. – 4:30 p.m.  
**Holidays:** 10 a.m. – 4 p.m.

**Class Descriptions:**

Spin 10:00am

Total Body times vary

Zumba 6:00pm

H.I.I.T 6:00am

Body Extreme times vary

Yoga times vary

Pump 5:00pm

Grit 6:30pm

Indoor Cycling 9:30am

Hard Core Abs 10:40am

Contact info:

Phone: 334-953-5953

Email:

Mailing Address: 50 West Ash St, Montgomery, AL 36112, Bldg. 841

Website: <https://www.lifeatthemax.us/maxwell-fitness-center/>

1. CrossFit Montgomery

Classes: It combines all of the following methods: weightlifting, gymnastics, monostructural, nutrition, and mobility not randomly, but with an intelligent plan to continually improve your general fitness.

Class Schedule:

Register for a free no-obligation Saturday 10:00 a.m. session by visiting our CrossFit Intro Class registration page.

M-F: 5:30am, 11:30am, 4:30pm, 5:30pm

Sa: 9:00am

Phone: 877.907.4141

Mailing Address: 41 East Railroad Street

Montgomery, AL 36104

Email: [info@crossfitmontgomery.com](mailto:info@crossfitmontgomery.com)

<http://www.crossfitmontgomery.com/>

1. Downtown YMCA

Hours of operation:

Monday 4:30 a.m.-9 p.m.

Tuesday 4:30 a.m.-9 p.m.

Wednesday 4:30 a.m.-9 p.m.

Thursday 4:30 a.m.-9 p.m.

Friday 4:30 a.m.-7 p.m.

Saturday 6:30 a.m.-5 p.m.

Sunday 1 p.m.-5 p.m.

Phone: (334) 269-4362

Mailing Address: 761 South Perry Street

Montgomery, AL 36104

<https://ymcamontgomery.org/locations/downtown-ymca/>

1. Britton YMCA

Hours of operation:

Monday 8am - 5pm

Tuesday 8am - 5pm

Wednesday 8am - 5pm

Thursday 8am - 5pm

Friday 8am - 5pm

Saturday Closed

Sunday Closed

Phone: (334) 229-0033

Mailing Address: 850 South Lawrence Street

Montgomery, AL 36104

<https://ymcamontgomery.org/locations/britton-ymca/>

1. Pure Barre – Montgomery

Hours of operation:

Classes & Instructors:



2019-02-08

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **fri february 8, 2019** | | **CLASS** | **INSTRUCTOR** | **LOCATION** |
| 5:30 am - 6:20 am |  | [**Pure Barre Classic**](http://purebarre.com/al-montgomery/) | [Becca Brown](http://purebarre.com/al-montgomery/) | Pure Barre Montgomery |
| 8:30 am - 9:20 am |  | [**Pure Barre Classic**](http://purebarre.com/al-montgomery/) | [Mary Lee Yelverton](http://purebarre.com/al-montgomery/) | Pure Barre Montgomery |
| 9:30 am - 10:20 am |  | [**Pure Barre Classic**](http://purebarre.com/al-montgomery/) | [Mary Lee Yelverton](http://purebarre.com/al-montgomery/) | Pure Barre Montgomery |
| 12:00 pm - 12:45 pm |  | [**Pure EMPOWER**](http://purebarre.com/al-montgomery/) | [Collins Bird](http://purebarre.com/al-montgomery/) | Pure Barre Montgomery |
| 4:30 pm - 5:20 pm |  | [**Pure Barre Classic**](http://purebarre.com/al-montgomery/) | [Collins Bird](http://purebarre.com/al-montgomery/) | Pure Barre Montgomery |
| **sat february 9, 2019** | | **CLASS** | **INSTRUCTOR** | **LOCATION** |
| 8:30 am - 9:20 am | [SIGN UP](http://purebarre.com/al-montgomery/)*Waitlist Only* | [**Pure REFORM**](http://purebarre.com/al-montgomery/) | [Tiffany Bell](http://purebarre.com/al-montgomery/) | Pure Barre Montgomery |
| 9:30 am - 10:20 am | [SIGN UP](http://purebarre.com/al-montgomery/) | [**Pure REFORM**](http://purebarre.com/al-montgomery/) | [Tiffany Bell](http://purebarre.com/al-montgomery/) | Pure Barre Montgomery |
| **sun february 10, 2019** | | **CLASS** | **INSTRUCTOR** | **LOCATION** |
| 2:30 pm - 3:20 pm | [SIGN UP](http://purebarre.com/al-montgomery/) | [**Pure Barre Classic**](http://purebarre.com/al-montgomery/) | [Caroline Klingler](http://purebarre.com/al-montgomery/) | Pure Barre Montgomery |
| 3:30 pm - 4:20 pm | [SIGN UP](http://purebarre.com/al-montgomery/) | [**Pure Barre Classic**](http://purebarre.com/al-montgomery/) | [Caroline Klingler](http://purebarre.com/al-montgomery/) | Pure Barre Montgomery |
| **mon february 11, 2019** | | **CLASS** | **INSTRUCTOR** | **LOCATION** |
| 8:30 am - 9:15 am | [SIGN UP](http://purebarre.com/al-montgomery/) | [**Pure EMPOWER**](http://purebarre.com/al-montgomery/) | [Liza Simpler](http://purebarre.com/al-montgomery/) | Pure Barre Montgomery |
| 9:30 am - 10:20 am | [SIGN UP](http://purebarre.com/al-montgomery/) | [**Pure Barre Classic**](http://purebarre.com/al-montgomery/) | [Mary Lee Yelverton](http://purebarre.com/al-montgomery/) | Pure Barre Montgomery |
| 12:00 pm - 12:45 pm | [SIGN UP](http://purebarre.com/al-montgomery/) | [**Pure EMPOWER**](http://purebarre.com/al-montgomery/) | [Liza Simpler](http://purebarre.com/al-montgomery/) | Pure Barre Montgomery |
| 4:30 pm - 5:15 pm | [SIGN UP](http://purebarre.com/al-montgomery/) | [**Pure EMPOWER**](http://purebarre.com/al-montgomery/) | [Jenny Kersey](http://purebarre.com/al-montgomery/) | Pure Barre Montgomery |
| 5:30 pm - 6:15 pm | [SIGN UP](http://purebarre.com/al-montgomery/) | [**Pure EMPOWER**](http://purebarre.com/al-montgomery/) | [Jenny Kersey](http://purebarre.com/al-montgomery/) | Pure Barre Montgomery |
| **tue february 12, 2019** | | **CLASS** | **INSTRUCTOR** | **LOCATION** |
| 5:30 am - 6:25 am | [SIGN UP](http://purebarre.com/al-montgomery/) | [**Pure Barre Classic**](http://purebarre.com/al-montgomery/) | [Caroline Klingler](http://purebarre.com/al-montgomery/) | Pure Barre Montgomery |
| 8:30 am - 9:20 am | [SIGN UP](http://purebarre.com/al-montgomery/) | [**Pure REFORM**](http://purebarre.com/al-montgomery/) | [Tiffany Bell](http://purebarre.com/al-montgomery/) | Pure Barre Montgomery |
| 9:30 am - 10:15 am | [SIGN UP](http://purebarre.com/al-montgomery/) | [**Pure REFORM**](http://purebarre.com/al-montgomery/) | [Tiffany Bell](http://purebarre.com/al-montgomery/) | Pure Barre Montgomery |
| 12:00 pm - 12:50 pm | [SIGN UP](http://purebarre.com/al-montgomery/) | [**Pure Barre Classic**](http://purebarre.com/al-montgomery/) | [Caroline Klingler](http://purebarre.com/al-montgomery/) | Pure Barre Montgomery |
| 4:30 pm - 5:20 pm | [SIGN UP](http://purebarre.com/al-montgomery/) | [**Pure Barre Classic**](http://purebarre.com/al-montgomery/) | [Tiffany Bell](http://purebarre.com/al-montgomery/) | Pure Barre Montgomery |
| 5:30 pm - 6:20 pm | [SIGN UP](http://purebarre.com/al-montgomery/) | [**Pure Barre Classic**](http://purebarre.com/al-montgomery/) | [Tiffany Bell](http://purebarre.com/al-montgomery/) | Pure Barre Montgomery |
| **wed february 13, 2019** | | **CLASS** | **INSTRUCTOR** | **LOCATION** |
| 5:30 am - 6:20 am | [SIGN UP](http://purebarre.com/al-montgomery/) | [**Pure REFORM**](http://purebarre.com/al-montgomery/) | [Tiffany Bell](http://purebarre.com/al-montgomery/) | Pure Barre Montgomery |
| 8:30 am - 9:20 am | [SIGN UP](http://purebarre.com/al-montgomery/) | [**Pure Barre Classic**](http://purebarre.com/al-montgomery/) | [Whitley Gardner](http://purebarre.com/al-montgomery/) | Pure Barre Montgomery |
| 9:30 am - 10:20 am | [SIGN UP](http://purebarre.com/al-montgomery/) | [**Pure Barre Classic**](http://purebarre.com/al-montgomery/) | [Whitley Gardner](http://purebarre.com/al-montgomery/) | Pure Barre Montgomery |
| 12:00 pm - 12:50 pm | [SIGN UP](http://purebarre.com/al-montgomery/) | [**Pure REFORM**](http://purebarre.com/al-montgomery/) | [Tiffany Bell](http://purebarre.com/al-montgomery/) | Pure Barre Montgomery |
| 4:30 pm - 5:15 pm | [SIGN UP](http://purebarre.com/al-montgomery/) | [**Pure REFORM**](http://purebarre.com/al-montgomery/) | [Collins Bird](http://purebarre.com/al-montgomery/) | Pure Barre Montgomery |
| 5:30 pm - 6:15 pm | [SIGN UP](http://purebarre.com/al-montgomery/) | [**Pure REFORM**](http://purebarre.com/al-montgomery/) | [Collins Bird](http://purebarre.com/al-montgomery/) | Pure Barre Montgomery |
| **thu february 14, 2019** | | **CLASS** | **INSTRUCTOR** | **LOCATION** |
| 5:30 am - 6:15 am | [SIGN UP](http://purebarre.com/al-montgomery/) | [**Pure EMPOWER**](http://purebarre.com/al-montgomery/) | [Collins Bird](http://purebarre.com/al-montgomery/) | Pure Barre Montgomery |
| 8:30 am - 9:20 am | [SIGN UP](http://purebarre.com/al-montgomery/) | [**Pure REFORM**](http://purebarre.com/al-montgomery/) | [Rachael Ford](http://purebarre.com/al-montgomery/) | Pure Barre Montgomery |
| 9:30 am - 10:15 am | [SIGN UP](http://purebarre.com/al-montgomery/) | [**Pure EMPOWER**](http://purebarre.com/al-montgomery/) | [Collins Bird](http://purebarre.com/al-montgomery/) | Pure Barre Montgomery |
| 12:00 pm - 12:50 pm | [SIGN UP](http://purebarre.com/al-montgomery/) | [**Pure Barre Classic**](http://purebarre.com/al-montgomery/) | [Caroline Klingler](http://purebarre.com/al-montgomery/) | Pure Barre Montgomery |
| 4:30 pm - 5:20 pm | [SIGN UP](http://purebarre.com/al-montgomery/) | [**Pure Barre Classic**](http://purebarre.com/al-montgomery/) | [Sydney Holmberg](http://purebarre.com/al-montgomery/) | Pure Barre Montgomery |
| 5:30 pm - 6:20 pm | [SIGN UP](http://purebarre.com/al-montgomery/) | [**Pure Barre Classic**](http://purebarre.com/al-montgomery/) | [Sydney Holmberg](http://purebarre.com/al-montgomery/) | Pure Barre Montgomery |

Phone: 334-834-7790

Address: 507 Cloverdale Road, Suite 102, Montgomery, AL 36106

Email: [montgomery@purebarre.com](mailto:montgomery@purebarre.com)

[http://purebarre.com/al-montgomery/](http://purebarre.com/al-montgomery/#healcode)

1. Mind & Body Holistic Spa

Hours of operation:

Tue – Fri 8:00 am - 6:00 pm

Sat 8:00 am - 4:00 pm

Phone: 334-269-4567

Address: 1035 Woodley Rd Montgomery, AL 36106

<https://www.mindandbodymontgomery.com/>

1. Amory Athletics

Hours of operation:

Monday through Thursday

8:00 am to 7:30 pm

Friday

2:00 pm to 7:00 pm

Classes: <http://armoryathletics.com/class-brochure/>

Preschool Gymnastics, Recreational Gymnastics, Ninja Classes, Tumbling, and Cheer Classes.

Phone: 334-625-2789

Email: [armoryathletics1@gmail.com](mailto:armoryathletics1@gmail.com)

<http://armoryathletics.com/>

1. Yoga Gem LLC

Hours of Operation:

Monday 7:00 - 7:00

Tuesday 7:00 - 7:00

Wednesday 7:00 - 7:00

Thursday 7:00 - 7:00

Friday 7:00 - 7:00

Saturday 7:00 - 7:00

Classes:

Beginning Yoga, Level 1 Yoga, Wake up and stretch yoga, Flow and Restore Yoga, Weekend wake up yoga, Holistic Healing Yoga, Level 2 Yoga.

<https://yogagem.zenplanner.com/zenplanner/portal/calendar.cfm>

Address: 1963 Mulberry Street, Montgomery, AL 36106

Phone: 334-202-2305

Email: [YogaGemLLC@gmail.com](mailto:YogaGemLLC@gmail.com)

<https://yogagemllc.com/>

1. MCA Fitness Center

Hours of Operation:

Monday-Friday: 6:00a.m. - 7:00p.m.

Saturday: 8:00a.m. – 1:00p.m.

Sunday: 1:00p.m. – 4:00p.m.

Classes:

* Yoga class is held on Monday, Tuesdays, and Thursdays starting at 5:00 p.m.
* Education classes on a variety of wellness topics are held on a regular basis.
* Low impact / Strength training offered every Wednesday and Friday morning at 10:30 a.m.

Phone: (334) 280-1409

2119 East South Boulevard

Montgomery, Alabama 36116

<http://montgomerycardiovascular.com/fitness-center/>

1. Westminster YMCA

Hours of Operation:

Monday 4:30 a.m.-8 p.m.

Tuesday 4:30 a.m.-8 p.m.

Wednesday 4:30 a.m.-8 p.m.

Thursday 4:30 a.m.-8 p.m.

Friday 4:30 a.m.-8 p.m.

Saturday 7 a.m. - 1 p.m.

Sunday 1 p.m.-5 p.m.

Phone: (334) 832-1013

Address: 2948 Carter Hill Road

Montgomery, AL 36111

<https://ymcamontgomery.org/locations/ys-up-westminster/>

1. Fitness Solutions

Hours of Operation:

Morning Classes: Personal one on one session with personal trainer.

Monday/Wednesday/Friday – 5:15am

Monday/Wednesday – 8:15am

Saturday – 9:00am

Evening Classes:

Monday/Tuesday/Thursday – 6:00pm

Phone: 334-313-1020

Address: 2872 Zelda Rd, Montgomery, Alabama 36106

<https://fitnesssolutionsgym.wixsite.com/fitnesssolutions>

1. Curves International

Hours of Operation:

Sunday CLOSED

Monday6:00am - 1:00pm | 3:30pm - 6:30pm

Tuesday8:00am - 1:00pm | 3:30pm - 6:30pm

Wednesday6:00am - 1:00pm | 3:30pm - 6:30pm

Thursday8:00am - 1:00pm | 3:30pm - 6:30pm

Friday6:00am - 1:00pm | 3:30pm - 6:00pm

Saturday9:00am - 11:00am

Classes: Cardio, boxing, body basics, and balance (book by appointment)

Phone: 334-272-2746

Address: 7730 Atlanta Highway

Montgomery, AL 36117

<https://www.curves.com/locations/montgomery-al-east>

1. RezFIT

Classes:

Boot Camp – M/W/F @5:15am, M/Tu/Th @5:30pm

Zumba – Mon 10:00am, Fri 10:00am, Wed 6:00pm

Extreme Abs – Wed 5:30pm

MiniBootCamp – Tue 9:00am, Thu 9:00am, Sat 8:00am

Total Gym Blast – Tue 12:00pm, Thu 12:00pm

HardBodies Montgomery – Mon 12:00pm, Wed 12:00pm

Phone: 504-915-7879

Address: 3440 Atlanta Hwy Montgomery, Al 36117

Email: [rezfit.mrhollywood@gmail.com](mailto:rezfit.mrhollywood@gmail.com)

<https://www.rezfit.com/>

1. Guns Out Crossfit

Hours of Operation: Dates and Hours will be posted periodically on main site and our Guns Out CrossFit Facebook page

|  | **MON** | **TUES** | **WED** | **THURS** | **FRI** | **SAT** | **SUN** |
| --- | --- | --- | --- | --- | --- | --- | --- |
| Morning | 5:15-6:15 am | 5:15-6:15 am | 5:15-6:15 am | 5:15-6:15 am | 5:15-6:15 am | 9:00-10:00 am 10:00-11:00 am | closed |
| Lunch | 11:45-12:45 pm | 11:45-12:45 pm | 11:45-12:45 pm | 11:45-12:45 pm | 11:45-12:45 pm | closed | closed |
| Afternoon | 4:30-5:30 pm | 4:30-5:30 pm | 4:30-5:30 pm | 4:30-5:30 pm | closed | closed | closed |
| Evening | 5:30-6:30 pm 6:30-7:30 pm | 5:30-6:30 pm 6:30-7:30 pm | 5:30-6:30 pm 6:30-7:30 pm | 5:30-6:30 pm 6:30-7:30 pm | 4:00-6:00 pm | closed | closed |
| Fundamentals | 6:30-7:30 pm | 6:30-7:30 pm | 6:30-7:30 pm | 6:30-7:30 pm |  | closed | closed |

Phone: 334 868 1950

Email: [gunsoutcrossfit@gmail.com](mailto:gunsoutcrossfit@gmail.com)

Address: 4351 Atlanta Hwy, Montgomery, Al 36117

1. M.A. Fitness Center formerly World Gym

Hours of Operation: Open 24 Hours

Phone: (334) 244-4640

Email: info@mafitnessmontgomery.com

Address: 3040 Eastern Boulevard

Montgomery, AL 36116

<https://www.facebook.com/MAFitnessCenter/>

1. NXG Combat Sports MMA & BJJ

Hours of Operation:

Monday & Wednesday

**5:30am-6:30am - Sunrise Adult Brazilian Jiu-Jitsu**

**5:30-6:15pm - Youth Kickboxing**

**6:15-7:30pm - Adult NXG Kickboxing**

Please bring your gear to each class for partner drills, bag work and sparring!

Tuesday & Thursday

**Brazilian Jiu-Jitsu**

**4:30pm - Private Lessons by Appointment**

**5:30pm - Youth Brazilian Jiu-Jitsu**

**6:00pm - Adult Brazilian Jiu-Jitsu**

**7:00pm - Adult Open Mat w/ Coach**

**(Adult Class is NOGI each Thursday)**

Friday - Saturday - Sunday

**Friday**

**5:30pm - Private Lessons by Appointment**

**Saturday Morning**

**10:00am - BJJ Open Mat**

**11:00am -   Private Lessons by Appointment**

**Sunday Afternoon**

**1:00pm Adult Open Mat**

Address: 3705 Eastern Blvd – Montgomery, AL 36116

Phone: (334) 220-5530

<https://nxgcombatsports.com/>

1. 2A Fitness

Hours of Operation:

Monday 4am – 10pm

Tuesday 4am – 10pm

Wednesday 4am – 10pm

Thursday 4am – 10pm

Friday 4am – 8pm

Saturday 8am – 4pm (Effective Jan 1, 2017)

Sunday 1pm – 5pm (Effective Jan 1, 2017)

Address: 3705 Eastern Blvd

Montgomery, AL 36116

Phone: 334-356-9260

<http://www.2afitness.com/>

1. Fit 4 Christ

Hours of Operation: Open 24 Hours

Address: 2801 Vaughn Plaza Rd Ste I

Montgomery, Alabama

Phone: (334) 239-9356

<https://www.facebook.com/pg/Fit-4-Christ-376549172488413/about/>

1. Top Dog Cheer

Address: 6016 E Shirley Ln

Montgomery, AL 36117

Phone: (334) 273-8002

<https://www.facebook.com/pages/Top-Dog-Cheer/194402253926201>

1. Planet Fitness

Hours of Operation: Open 24 Hours Monday through Friday! Open Monday at 5:00 AM until Friday at 9:00 PM Saturday and Sunday 7:00 AM - 7:00 PM

Address: 3530 Eastdale Circle

Montgomery, AL 36117

Phone: (334) 271-1600