

# Group Fitness Classes

# JANUARY - MARCH 2020

FOR QUESTIONS PLEASE CALL 770-793-7300

**Please note:** Class times are 60 minutes unless otherwise noted. Instructors and classes are subject to change.

## AEROBICS ROOM 1: UPSTAIRS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
				*6 a.m. Mind/Body LISA/MEG/JAY		
	7:45 a.m. Beginning Tai Chi – JAY		7:45 a.m. Tai Chi II – JAY			
	9 a.m. Tai Chi – JAY	9 a.m. Group Centergy – LISA	9 a.m. Tai Chi – JAY	9 a.m. Therapeutic Chair Yoga REGINA	9 a.m. (75m) Dynamic Vinyasa Flow VICKI	
10:15 a.m. Gentle Yoga – Carolyn	10:15 a.m. Gentle Yoga – Carolyn	10:30 a.m. Therapeutic Chair Yoga – Donna	10:15 a.m. Flex & Stretch – LAURA	10:15 a.m. Pilates – CINDY	10:30 a.m. (75m) Yin/Yang Fusion Flow VICKI	
11:30 a.m. Fit Generation II – GLORIA	11:30 a.m. (75m) Power Pilates – CINDY	11:30 a.m. Fit Generation II – DONNA	11:30 a.m. (75m) Yin Yoga – MEG	11:30 a.m. Fit Generation II – GLORIA		
12:45 p.m. (45m) Fit Generation I – GLORIA		12:45 p.m. (45m) Fit Generation I – DONNA	1:00 p.m. (30m) Meditation in Motion MEG	12:45 p.m. (45m) Fit Generation I – GLORIA		
	*4:00 p.m. (50m) Barre – DONNA	1:45 p.m. Barre – DANIELLE	1:45 p.m. Group Centergy – NAUSHEEN			2 p.m. (75m) Slow Vinyasa Flow – VICKI
5 p.m. (75m) Dynamic Vinyasa Flow VICKI	5 p.m. (75m) Yoga Stretch – DONNA	5 p.m. (75m) Beginning Hatha Yoga VICKI	3:45 p.m. (60m) Room Unavailable			
6:30 p.m. (75m) Yin/Yang Fusion Flow VICKI		6:30 p.m. (75m) Slow Vinyasa Flow VICKI				

## AEROBICS ROOM 2: DOWNSTAIRS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6 a.m. SCULPT – LISA	6 a.m. SCULPT – LISA	6 a.m. SCULPT – LISA		6 a.m. Cardio Kickbox – LAMAR		
8:15 a.m. R.I.P.P.E.D. – LISA	8:15 a.m. Chiseled Abs & More LISA			8:15 a.m. Cardio Strength – JANICE	8:30 a.m. (75m) PowerBox – LAMAR	
9:30 a.m. Muscle Madness Janice	9:30 a.m. (75m) Zumba POWER CINDY		9:30 a.m. Muscle Madness Janice	9:30 a.m. (45m) Zumba – CINDY		
10:45 a.m. (60m) Room Unavailable	11:00 a.m. (45m) Room Unavailable	10:45 a.m. (60m) Room Unavailable			10:15 a.m. Group Power MARYANN/NAUSHEEN	
	12:00 p.m. (90m) Room Unavailable		12:00 p.m. (90m) Room Unavailable		12:00 p.m. (90m) Room Unavailable	11 a.m. Performance Plus – LAMAR
			2:30 p.m. (60m) Room Unavailable			
4:30 p.m. Cardio Tone – JEN	4:30 p.m. Group Power – NAUSHEEN	4:30 p.m. Performance Plus – LAMAR	4:30 p.m. ZUMBA® – CLAIRE	4:30 p.m. Circuit Works – LAMAR		
5:45 p.m. ZUMBA® – CLAIRE	5:45 p.m. (45m) Cardio Fusion – NAUSHEEN	5:45 p.m. Step & Tone – LYNN	5:45 p.m. Group Power – MARYANN	5:45 p.m. Kick Step – LAMAR		
7 p.m. Group Power – DAVID						

\* Denotes newly added or modified classes.

Monday – Friday  
4:45 a.m. – 10 p.m.

Saturday  
8 a.m. – 6 p.m.

Sunday  
8 a.m. – 6 p.m.

**WELLSTAR**  
Health Place