

# Group Fitness Classes

# JANUARY - MARCH 2019

FOR QUESTIONS PLEASE CALL 770-793-7300

## AEROBICS ROOM 1: UPSTAIRS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	<b>8 a.m.</b> Beginning Tai Chi JAY	<b>9 a.m.</b> Group Centergy LISA	<b>8 a.m.</b> Tai Chi II JAY	<b>6 a.m.</b> Group Centergy LISA <b>Starts Jan 11th</b>		
	<b>9 a.m.</b> Tai Chi JAY	<b>10:15 a.m.</b> Therapeutic Chair Yoga DAYIN	<b>9 a.m.</b> Tai Chi JAY	<b>9 a.m.</b> Therapeutic Chair Yoga REGINA	<b>9 a.m. (75m)</b> Dynamic Vinyasa Flow VICKI	
<b>10:15 a.m.</b> Gentle Yoga GWEN	<b>10:15 a.m.</b> Gentle Yoga DAYIN	<b>11:30 a.m.</b> Fit Generation II DONNA	<b>10:30 a.m.</b> Flex & Stretch LAURA	<b>10:15 a.m.</b> Pilates CINDY	<b>10:30 a.m. (75m)</b> Yin/Yang Fusion Flow VICKI	
<b>11:30 a.m.</b> Fit Generation II GLORIA	<b>11:30 a.m. (75m)</b> Power Pilates CINDY	<b>12:45 p.m. (45m)</b> Fit Generation I DONNA	<b>Noon (75m)</b> Yin Yoga MEG	<b>11:30 a.m.</b> Fit Generation II GLORIA		
<b>12:45 p.m.</b> Fit Generation I GLORIA		<b>1:45 p.m.</b> Barre DANIELLE		<b>12:45 p.m. (45m)</b> Fit Generation I GLORIA		<b>2 p.m. (75m)</b> Slow Vinyasa Flow VICKI
<b>5 p.m. (75m)</b> Dynamic Vinyasa Flow VICKI	<b>5 p.m.</b> Yoga Stretch DONNA	<b>5 p.m. (75m)</b> Beginning Hatha Yoga VICKI				
<b>6:30 p.m. (75m)</b> Yin/Yang Fusion Flow VICKI	<b>6:15 p.m.</b> Barre DONNA	<b>6:30 p.m. (75m)</b> Slow Vinyasa Flow VICKI				

## AEROBICS ROOM 2: DOWNSTAIRS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>6 a.m.</b> SCULPT LISA	<b>6 a.m.</b> SCULPT LISA	<b>6 a.m.</b> SCULPT LISA		<b>6 a.m.</b> Cardio Kickbox LAMAR		
<b>* 8:15 a.m.</b> R.I.P.P.E.D. LISA	<b>8:15 a.m.</b> Chiseled Abs & More LISA			<b>* 8:15 a.m.</b> Cardio Strength MARTHA	<b>8:30 a.m. (75m)</b> PowerBox LAMAR	
<b>9:30 a.m.</b> Muscle Madness MARTHA	<b>* 9:30 a.m.</b> Zumba CINDY	<b>9:30 a.m.</b> Tri-Fit LYNN	<b>* 9:30 a.m.</b> Muscle Madness JESSICA F.	<b>* 9:30 a.m. (45m)</b> Cardio Fusion CINDY	<b>10:15 a.m.</b> Group Power MARYANN/NAUSHEEN	
		<b>12:30 p.m.</b> Total Body S&C NAUSHEEN				<b>11 a.m.</b> Performance Plus LAMAR
<b>* 4:30 p.m.</b> Cardio Tone JEN	<b>* 4:30 p.m.</b> Group Power NAUSHEEN	<b>* 4:30 p.m.</b> Performance Plus LAMAR	<b>4:30 p.m.</b> ZUMBA® CLAIRE	<b>* 4:30 p.m.</b> Circuit Works LAMAR		
<b>* 5:45 p.m.</b> ZUMBA® CLAIRE	<b>* 5:45 p.m. (45m)</b> Cardio Fusion NAUSHEEN	<b>* 5:45 p.m.</b> Step & Tone LYNN	<b>5:45 p.m.</b> Group Power MARYANN	<b>* 5:45 p.m.</b> Cardio Kickbox LAMAR		
		<b>* 7 p.m.</b> Group Power DAVID				

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

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

\* Denotes newly added  
or modified classes.