

Group Fitness Classes



October - December 2018

AEROBICS ROOM 1: UPSTAIRS



M	T	W	TH	F	SA	SU
		9:00 a.m. Group Centergy <i>Lisa</i>	8:00 a.m. Tai Chi II <i>Jay</i>			
	8:00 a.m. Beginning Tai Chi <i>Jay</i>	10:15 a.m. Therapeutic Chair Yoga <i>Dayin</i>	9:00 a.m. Tai Chi <i>Jay</i>			
★ 10:15 a.m. Gentle Yoga <i>Gwen</i>	9:00 a.m. Tai Chi <i>Jay</i>	11:30 a.m. Fit Generation II <i>Donna</i>	10:30 a.m. Flex & Stretch <i>Laura</i>	★ 9:00 a.m. Therapeutic Chair Yoga <i>Regina</i>	9:00 a.m. (75m) Dynamic Vinyasa Flow <i>Vicki</i>	
★ 11:30 a.m. Fit Generation II <i>Gloria</i>	10:15 a.m. Gentle Yoga <i>Dayin</i>	12:45 p.m. (45m) Fit Generation I <i>Donna</i>	12:00 p.m. (75m) Yin Yoga <i>Meg</i>	10:15 a.m. Pilates <i>Cindy</i>	10:30 a.m. (75m) Yin/Yang Fusion Flow <i>Vicki</i>	
★ 12:45 p.m. Fit Generation I <i>Gloria</i>	11:30 a.m. (75m) Power Pilates <i>Cindy</i>	1:45 p.m. Barre <i>Danielle</i>		11:30 a.m. Fit Generation II <i>Gloria</i>		2:00 p.m. (75m) Slow Vinyasa Flow <i>Vicki</i>
5:00 p.m. (75m) Dynamic Vinyasa Flow <i>Vicki</i>	5:00 p.m. Yoga Stretch <i>Donna</i>	5:00 p.m. (75m) Beginning Hatha Yoga <i>Vicki</i>		12:45 p.m. (45m) Fit Generation I <i>Gloria</i>		
6:30 p.m. (75m) Yin/Yang Fusion Flow <i>Vicki</i>	6:15 p.m. Barre <i>Donna</i>	6:30 p.m. (75m) Slow Vinyasa Flow <i>Vicki</i>				

AEROBICS ROOM 2: DOWNSTAIRS

M	T	W	TH	F	SA	SU
6:00 a.m. SCULPT <i>Lisa</i>	6:00 a.m. SCULPT <i>Lisa</i>	6:00 a.m. SCULPT <i>Lisa</i>		6:00 a.m. Cardio Kickbox <i>Lamar</i>		
8:00 a.m. R.I.P.P.E.D. <i>Lisa</i>	8:15a.m. Chiseled Abs & More <i>Lisa</i>			8:00 a.m. Cardio Strength <i>Martha</i>	8:30 a.m. (75m) PowerBox <i>Lamar</i>	
★ 9:30 a.m. Muscle Madness <i>TBA</i>	9:45 a.m. 30 x 30 Mix <i>Cindy</i>	9:30 a.m. Tri-Fit <i>Lynn</i>	★ 9:30 a.m. Muscle Madness <i>Jessica F.</i>	9:15 a.m. Zumba <i>Cindy</i>	10:15 a.m. Group Power <i>MaryAnn/Nausheen</i>	
						11:00 a.m. Performance Plus <i>Lamar</i>
		12:30 p.m. Total Body S&C <i>Nausheen</i>				
4:15 p.m. Cardio Tone <i>Jen</i>		4:15 p.m. Performance Plus <i>Lamar</i>	4:30 p.m. ZUMBA® <i>Claire</i>	4:30 p.m. Circuit Works <i>Lamar</i>		
5:30 p.m. ZUMBA® <i>Claire</i>	5:00 p.m. Group Power <i>Nausheen</i>	5:30 p.m. Step & Tone <i>Lynn</i>	5:45 p.m. Group Power <i>MaryAnn</i>	5:30 p.m. Cardio Kickbox <i>Lamar</i>		
	6:15 p.m. (30m) Cardio Fusion <i>Nausheen</i>					

WELLSTAR HEALTH PLACE HOURS

Monday – Friday
4:45 a.m. – 10 p.m.

Saturday
8 a.m. – 6 p.m.

Sunday
8 a.m. – 6 p.m.

Please note: Class times are 60 minutes unless stated otherwise on the schedule. Instructors and classes are subject to change.

★ Denotes newly added classes or classes that have been modified.

For questions please call 770-793-7300