

Spin Class Schedule

October - December 2018



SPIN ROOM: UPSTAIRS



M	T	W	TH	F	SA	SU
		5:30 a.m.(30m) R30 David	5:30 a.m. Group Ride David			
9:45 a.m. HIIT N' Spin Jessica F.			★ 10:35 a.m.(30m) Spin Jessica F.	9:15 a.m.(45m) Spin Martha	8:15 a.m.(45m) Spin Brenda	
	★ 4:15 p.m.(30m) R30 Jen	9:45 a.m. Spin Martha			9:15 a.m.(45m) Beginner Spin Brenda	
	5:30 p.m. Spin John	5:30 p.m. Group Ride Jen	★ 5:00 p.m.(30m) R30 Jen			
6:00 p.m.(45m) Spin Brenda						

BODY ROX ROOM: UPSTAIRS

M	T	W	TH	F	SA	SU

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.

For questions please call **770-793-7300**

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.