

Spin Class/Rock Steady Boxing Schedule

June 2020

SPIN ROOM

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	5:30 a.m. 45 min HIIT and Spin – Danielle L.		5:30 a.m. 45 min HIIT and Spin Danielle L.			
8:30 a.m. (45 min) Spin – KYLE						
	9:30 a.m.(45m) HITT & Spin – Kyle					
	12:30 p.m. Spin (30 min) Kyle		12:30 p.m. Spin (30 min) Kyle			
		5 p.m.(45m) HITT and Spin Kyle	5 p.m.(45m) HITT and Spin Kyle			

Click here or scan the QR Code to register for class



ROCK STEADY BOXING ROOM: UPSTAIRS (Special Clearance Required)

Rock Steady Boxing
12:30 (90min)
IRVING/

Rock Steady Boxing
12:30 (90min)
IRVING/DANIELLE

Rock Steady Boxing
12:30 (90min)
IRVING/DANIELLE

HIIT N' Spin: This is not just a 60-minute spin class...this is High Intensity Interval Training! You will enhance your overall spin workout by improving endurance and building strength. **No spin shoes are needed. Weights and bands will be provided for the strength training.

Spin: This stationary cycle workout is designed to simulate outdoor biking while improving aerobic and muscular endurance!

Rock Steady Boxing: Fight back against Parkinson's with this 90 minute workout that focuses on balance, core, and boxing techniques(**Paid class**)

Wellstar Health Place

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

Monday – Friday
4:45 a.m. – 10 p.m.

Saturday
8 a.m. – 6 p.m.

Sunday
8 a.m. – 6 p.m.