

Group Fitness Classes

FOR QUESTIONS EMAIL
HEALTHPLACE@WELLSTAR.ORG

June 2020

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
	8:30 am Yin Yoga Meg		8:30 am Yin Yoga Meg			
10:30 a.m. Fit Generation I- Patti		10:30 a.m. Fit Generation I - Patti		10:30 a.m. Fit Generation I- Patti	10:30 Am Yin/Yang Fusion Flow Meg	
11:30 a.m. Fit Generation II - Patti		11:30 a.m. Fit Generation II - Patti		11:30 a.m. Fit Generation II - Patti		
		1:00pm (50 min) Barre- Danielle S.				
	4:00 p.m. (50m) Barre - Danielle S.		4:00 PM (50 min) Barre- Danielle S.			
5 PM Dynamic Vinyasa Flow- Meg		5 p.m. (75m) Beginning Hatha Yoga MEG				

Click here or scan QR code to register for class



AEROBICS ROOM 2: DOWNSTAIRS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6 a.m. SCULPT-Jeremiah	6 a.m. SCULPT-Jeremiah	6 a.m. SCULPT-Jeremiah		6:00 AM bootcamp 45 min Jeremiah		
8:30 a.m. R.I.P.P.E.D. - Jeremiah	8:30 a.m. (45) Chiseled Abs & More- Jeremiah			8:30 a.m. Step and Tone Courtney		
	9:30 Am Muscle Madness- Mary Ann		9:30 a.m. Muscle Madness- Mary Ann			
12:30 PM Bootcamp (30min) Jeremiah		12:30 PM Bootcamp (30min) Jeremiah				
5:30 p.m. Kickboxing-Irving	5:45 p.m. Cardio fusion- Irving	5:30 p.m. Kickboxing-Irving	5:45 p.m. Cardio fusion-Irving			
7 p.m SCULPT- Sam	6:45pm R.I.P.P.E.D. Sam	7:00 PM SCULPT - Sam	6:45pm R.I.P.P.E.D. Sam			

Monday – Friday
4:45 a.m. – 9 p.m.

Saturday **Sunday**
8 a.m. – 5 p.m. **8 a.m. – 5 p.m.**

Wellstar Health Place