

Group Fitness Classes

January/February 2021

FOR QUESTIONS PLEASE CALL **770-793-7300**

AEROBICS ROOM 1: UPSTAIRS

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
10:00 AM <i>Fit Generation I</i> (50 min)- Cindy				10:00 AM <i>Fit Generation I</i> (50 min) Lynn	9:00 AM <i>Dynamic Vinyasa</i> Vicki	
11:30 AM <i>Fit Generation II</i> Cindy	10:00 AM <i>Yin Yoga</i> Meg	10:00 AM <i>Fit Generation I</i> (50 min) Donna	10:00 AM <i>Yin Yoga</i> Meg	11:30 AM <i>Fit Generation II</i> Lynn	10:30 AM <i>Yin/Yang Fusion Flow</i> Vicki	
	11:30 AM <i>Chair Yoga</i> Carolyn	11:30 AM <i>Fit Generation II</i> Donna	11:30 AM <i>Fit Generation II</i> John	1:00 PM <i>Chair Yoga</i> Carolyn		
5:00 PM <i>Dynamic Vinyasa</i> Flow-Vicki	1:00 PM <i>Slow Flow & Stretch</i> Yoga Carolyn	1:15 PM <i>Pilates (50 min)</i> Gi	1:30 PM (45 min) <i>Stretch and Tone</i> Yvonne	2:30 PM <i>Gentle Yoga (75min)</i> Carolyn		2:00 PM <i>Slow Vinyasa flow</i> Vicki
6:30 PM <i>YinYang - Vicki</i>	4:00 p.m. <i>Pilates (50 min)</i> Gi	5:00 p.m. (75m) <i>Beginning Hatha Yoga</i> Vicki	4:00 PM (50min) <i>Barre- Danielle S.</i>			
		6:30 PM <i>Slow Vinyasa Flow</i>				



AEROBICS ROOM 2: DOWNSTAIRS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:30 AM <i>SCULPT</i> Jeremiah		5:30 AM <i>SCULPT</i> Patti		5:30 AM <i>SCULPT</i> Patti		
				8:30 AM <i>Cardio Strength</i> Janice		
	9:00 AM <i>Muscle Madness</i> Janice	9:30 AM <i>Body Weight Bootcamp</i> Janice <i>*outside weather permitting</i>	9:00 AM <i>Muscle Madness</i> Lynn			
4:00 PM <i>Muscle Madness</i> Janice		4:00 PM <i>Muscle Madness</i> Janice				
5:30 PM <i>Cardio Tone</i> Lynn	5:30 PM <i>Zumba- Claire</i>	5:30 PM <i>Bootcamp</i> Janice	5:30 PM <i>Zumba- Claire</i>			

Monday – Friday
4:45 a.m. – 9 p.m.

Saturday
8 a.m. – 5 p.m.

Sunday
8 a.m. – 5 p.m.

WELLSTAR
Health Place