

Group Fitness Classes

December 2020

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- Gi/Martha</i>				10:00 AM <i>Fit Generation I Lynn</i>	9:00 AM <i>Dynamic Vinyasa Vicki</i>	
11:30 AM <i>Fit Generation II- Gi/Martha</i>	10:00 AM <i>Yin Yoga Meg</i>	10:00 AM <i>Fit Generation I- Donna</i>	10:00 AM <i>Yin Yoga Meg</i>	11:30 AM <i>Fit Generation II Lynn</i>	10:30 AM <i>Yin/Yang Fusion Flow Vicki</i>	
	11:30 AM <i>Chair Yoga Carolyn</i>	11:30 AM <i>Fit Generation II Donna</i>	11:30 AM <i>Fit Generation II Kate/John</i>	1:00 PM <i>Chair Yoga Carolyn</i>		
5:00 PM <i>Dynamic Vinyasa Flow-Vicki</i>		1:45 PM <i>Pilates (50 min) G</i>		2:30 PM <i>Gentle Yoga Carolyn</i>		2:00 PM <i>Slow Vinyasa flow Vicki</i>
6:30 PM <i>YinYang - Vicki</i>	4:00 p.m. <i>Pilates (50 min) G</i>	5:00 p.m. (75m) <i>Beginning Hatha Yoga Vicki</i>	4:00 PM (50min) <i>Barre- Danielle S.</i>			
		6:30 PM <i>Slow Vinyasa Flow Vicki</i>				



Sign-up genius QR Code and Link Here

AEROBICS ROOM 2: DOWNSTAIRS

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

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