

Spin Class/Rock Steady Boxing Schedule

November 2020

SPIN ROOM

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
8:30 AM HIIT & Spin Janice					9:15 AM Spin Brenda	

Click here or scan the QR Code to register for class



ROCK STEADY BOXING ROOM: UPSTAIRS (Special Clearance Required)

12:00 PM Rock Steady Boxing Virtual		12:00 PM Rock Steady Boxing Virtual		12:00 PM Rock Steady Boxing Virtual		

HIIT N' Spin: This is not just a 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.

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. – 9 p.m.

Saturday
8 a.m. – 5 p.m.

Sunday
8 a.m. – 5 p.m.