


GROUP FITNESS SCHEDULE

January 2022

FOR QUESTIONS, PLEASE CALL **404-265-4759**

Location: Upstairs Classroom


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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	7:45AM (30 min) Restore Natalie ♥		7:45AM (30 min) Restore Natalie ♥			
8:30AM Stretch & Tone Natalie ♥♥		8:30AM Strength & Stretch Natalie ♥♥				
10:00AM Tabata (50 min) Micki ♥♥♥♥		10:00AM Center and Balance Natalie ♥		10:00AM Center and Balance Natalie ♥		
	11:00AM Fit Generation 1 Micki ♥		11:00AM Silver Sneakers Classic Ty ♥	My I Club QR Code and Link Here https://www.myiclubonline.com/iclub/members/signin 		

Wellstar Highland Athletic Club

- ♥ Lower Level Intensity Class
- ♥♥ Medium Level Intensity Class
- ♥♥♥ Higher Level Intensity Class

Location: Gym/Basketball Court

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	6:30AM SCULPT Natalie ♥♥♥♥		6:30AM SCULPT Natalie ♥♥♥♥			
		8:00AM Muscle Madness Navia ♥♥♥♥		8:00AM Cardio Tone Natalie ♥♥		
4:00PM Cardio Tone Natalie ♥♥	4:00PM Cardio Strength Navia ♥♥♥♥	4:00PM Cardio HIIT (45min) Navia ♥♥♥♥	4:00PM Cardio Strength Micki ♥♥♥♥	My I Club QR Code and Link Here https://www.myiclubonline.com/iclub/members/signin 		
	5:30PM Muscle Madness Navia ♥♥♥♥	5:00PM Total Body Navia ♥♥♥♥		Wellstar Highland Athletic Club		

- ♥ Lower Level Intensity Class
- ♥♥ Medium Level Intensity Class
- ♥♥♥ Higher Level Intensity Class

Monday- Friday 5:00AM-8:00PM

Saturday & Sunday 8:00AM-5:00PM