

# Group Fitness Classes

# January/February 2022

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

## YOGA 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
	<b>8:00AM</b> Tai-Chi Kate ♥			<b>10:00 AM (50 min)</b> Fit Generation I Lynn ♥	<b>9:00 AM (75 min)</b> Dynamic Vinyasa flow Vicki ♥♥♥	
<b>10:00 AM (50 min)</b> Fit Generation I Yewande ♥	<b>10:00 AM (75 min)</b> Yin Yoga Meg ♥♥	<b>10:00 AM (50 min)</b> Fit Generation I Yewande ♥	<b>10:00 AM (75 min)</b> Yin Yoga Meg ♥♥	<b>11:30 AM</b> Fit Generation II Lynn ♥♥	<b>10:30 AM (75 min)</b> Yin/Yang Fusion Flow Vicki ♥♥	
<b>11:30 AM</b> Fit Generation II Yewande ♥♥	<b>11:30 AM (75 min)</b> Strengthen & Stretch Carolyn ♥♥	<b>11:30 AM</b> Fit Generation II Yewande ♥♥	<b>11:30 AM</b> Fit Generation II Patti ♥♥	<b>1:00 PM (75 min)</b> Strengthen & Stretch Carolyn ♥♥		
						<b>2:00 PM (75 min)</b> Slow Vinyasa flow Vicki ♥♥
	<b>4:00 PM (50 min)</b> Pilates Gi ♥♥♥	<b>3:30 PM (50 min)</b> Barre Danielle S. ♥♥				
<b>5:00 PM (75 min)</b> Dynamic Vinyasa Flow-Vicki ♥♥♥		<b>5:00 PM (75 min)</b> Beginning Hatha Yoga Vicki ♥♥	<b>5:30 PM (50 min)</b> Pilates Gi ♥♥♥			
<b>6:30 PM (75 min)</b> Yin/Yang Fusion flow Vicki ♥♥		<b>6:30 PM (75 min)</b> Slow Vinyasa Flow Vicki ♥♥				

My I Club QR  
Code and Link  
Here



## Wellstar Health Place

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

## AEROBICS ROOM 2: DOWNSTAIRS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>5:30AM</b> SCULPT Jeremiah ♥♥♥		<b>5:30AM</b> SCULPT Destiny ♥♥♥		<b>5:30AM</b> SCULPT Jen ♥♥♥		
	<b>8:45AM</b> Muscle Madness Janice ♥♥♥		<b>8:45 AM</b> Muscle Madness Lynn ♥♥♥	<b>8:30AM</b> Cardio Strength Janice ♥♥♥		
<b>11:00 AM</b> Rock Steady Boxing	<b>11:00 AM</b> Rock Steady Boxing	<b>11:00 AM</b> Rock Steady Boxing	<b>11:00 AM</b> Rock Steady Boxing	<b>11:00 AM</b> Rock Steady Boxing		
<b>4:00 PM</b> Muscle Madness Destiny ♥♥♥	<b>4:00 PM</b> Cardio Tone Jen ♥♥♥					
<b>5:30 PM</b> Cardio Tone Lynn ♥♥♥						

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## Wellstar Health Place

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

Monday- Friday 4:45AM-9:00PM

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