

# Wellstar Health Place

## Spin Class/Rock Steady Boxing Schedule

Blue hearts represent class intensity

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

### January/February 2022

### SPIN ROOM

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
					8:15 AM (45 min) Spin Brenda ♥♥♥	
8:30 AM HIIT & Spin Janice ♥♥♥		8:30 AM (45 min) Spin Janice ♥♥♥			9:15 AM (45 min) Beginner Spin Brenda ♥♥	
	5:30 PM Spin- John ♥♥♥		5:30 PM Spin- John ♥♥♥			

Click here or scan the QR Code to register for class



### ROCK STEADY BOXING: Downstairs room (Special Clearance Required)

11:00 AM Rock Steady Boxing	11:00 AM Rock Steady Boxing	11:00 AM Rock Steady Boxing	11:00 AM Rock Steady Boxing	11:00 AM Rock Steady Boxing		

**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**)

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

**Monday – Friday**  
4:45AM-9:00PM

**Saturday**  
8:00AM-5:00PM

**Sunday**  
8:00AM – 5:00PM