


Group Fitness Classes

June/July/August 2022

FOR QUESTIONS, PLEASE CALL 770-793-7300 or visit wellstarfitness.org

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 |
|---|--|---|---|---|---|--|
| | | | | 8:15 AM (75 min) Yin Yoga Meg ♥♥ | 9:00 AM (75 min) Dynamic Vinyasa flow Vicki ♥♥♥♥ | |
| 10:00 AM (50 min) Fit Generation I Rachel ♥ | 11:30 AM (75 min) Strengthen & Stretch Carolyn ♥♥ | 10:00 AM (50 min) Fit Generation I Rachel ♥ | | 10:00 AM (50 min) Fit Generation II Lynn ♥♥ | 10:30 AM (75 min) Yin/Yang Fusion Flow Vicki ♥♥ | |
| 11:30 AM Fit Generation II Rachel ♥♥ | | 11:30 AM Fit Generation II Rachel ♥♥ | 11:30 AM Fit Generation II Patti ♥♥ | 11:30 AM Fit Generation II Lynn ♥♥ | | |
| | 2:30 PM Yoga Roots Fatima ♥ | | | 1:00 PM (75 min) Strengthen & Stretch Carolyn ♥♥ | | 2:00 PM (75 min) Slow Vinyasa flow Vicki ♥♥ |
| | 4:00 PM Pilates Gi ♥♥♥♥ | 3:30 PM Barre Danielle S. ♥♥ | 3:30 PM (75 min) Yoga Nidra Fatima ♥ | My I Club QR Code and Link Here | | |
| 5:00 PM (75 min) Dynamic Vinyasa Flow-Vicki ♥♥♥♥ | 5:15 PM (50 min) Yoga Nidra Fatima ♥ | 5:00 PM (75 min) Beginning Hatha Yoga Vicki ♥♥ | 5:30 PM Pilates Gi ♥♥♥♥ |  | | |
| 6:30 PM (75 min) Yin/Yang Fusion flow Vicki ♥♥ | 6:15 PM Hip-Hop Yoga Fatima ♥♥♥♥ | 6:30 PM (75 min) Slow Vinyasa Flow Vicki ♥♥ | | | | |

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 |
|---|---|---|---|---|----------|--------|
| 5:30AM SCULPT Jen ♥♥♥ | | 5:30AM SCULPT Destiny ♥♥♥ | | 5:30AM SCULPT Jen ♥♥♥ | | |
| | 8:45AM Muscle Madness Nausheen ♥♥♥ | | 8:45 AM Muscle Madness Lynn ♥♥♥ | 8:15AM Cardio Strength Garrett ♥♥♥ | | |
| 11:00 AM (60 min) Rock Steady Boxing | 11:00 AM (60 min) Rock Steady Boxing | 11:00 AM (90 min) Rock Steady Boxing | 11:00 AM (60 min) Rock Steady Boxing | 11:00 AM (90 min) Rock Steady Boxing | | |
| 4:00 PM Muscle Madness Destiny ♥♥♥ | 4:00 PM Cardio Tone Jen ♥♥♥ | | | My I Club QR Code and Link Here | | |
| 5:30 PM Cardio Tone Lynn ♥♥♥ | | | 6:30 PM Dance Fitness Fatima ♥♥♥ |  | | |
| | | | | | | |

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