

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
	10:00 AM (75 min) Restorative Yoga Carolyn ♥		**10:00 AM (75 min) Restorative Yoga Carolyn ♥	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 Vishwa ♥	11:30 AM (75 min) Strengthen & Stretch Carolyn ♥♥	10:00 AM (50 min) Fit Generation I Vishwa ♥		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 Vishwa ♥♥		11:30 AM Fit Generation II Vishwa ♥♥	11:30 AM Fit Generation II Patti ♥♥	11:30 AM Fit Generation II Lynn ♥♥		
				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. ♥♥				
5:00 PM (75 min) Dynamic Vinyasa Flow-Vicki ♥♥♥	**5:30 PM (75 min) Yin Yoga Meg ♥♥	5:00 PM (75 min) Beginning Hatha Yoga Vicki ♥♥	5:30 PM Pilates Gi ♥♥♥			
6:30 PM (75 min) Yin/Yang Fusion flow Vicki ♥♥		6:30 PM (75 min) 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
- **New 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 ♥♥♥					
5:30 PM Cardio Tone Lynn ♥♥♥	**5:15 PM **Cardio- Kickboxing HIIT Phil ♥♥♥	5:00 PM **Fit Body Bootcamp Phil ♥♥♥	**5:15 PM **Cardio-Kickboxing HIIT Phil ♥♥♥			
	6:30 PM **Fit Body Bootcamp Phil ♥♥♥	6:30 PM **Cardio-Kickboxing HIIT Phil ♥♥♥				

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

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