

# GROUP FITNESS SCHEDULE

# August 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
<b>8:30AM</b> Strength and Stretch Mat ♥♥		<b>8:30AM</b> Strength and Stretch Mat ♥♥				
<b>10:00AM</b> Tabata (50 min) Micki ♥♥♥		<b>10:00AM</b> Center and Balance Natalie ♥		<b>10:00AM</b> Center and Balance Natalie ♥		
<b>11:00AM</b> Fit Generation 2 Ty ♥♥	<b>11:00AM</b> Fit Generation 1 Mat ♥		<b>11:00AM</b> Silver Sneakers Classic Ty ♥	<b>11:00AM</b> Silver Sneakers Splash Ty ♥		
				My I Club QR Code and Link Here <a href="https://www.myiclubonline.com/iclub/members/signin">https://www.myiclubonline.com/iclub/members/signin</a>		

## 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
	<b>8:00AM</b> Total Body Mat ♥♥		<b>8:00AM</b> Total Body Mat ♥♥	<b>8:00AM</b> Cardio Tone Micki ♥♥		
<b>4:00PM</b> Cardio Tone Natalie ♥♥	<b>4:00PM</b> Cardio Strength Micki ♥♥		<b>4:00PM</b> Cardio Strength Micki ♥♥♥	My I Club QR Code and Link Here <a href="https://www.myiclubonline.com/iclub/members/signin">https://www.myiclubonline.com/iclub/members/signin</a>		
		<b>5:00PM</b> Power Hour Mat ♥♥				

## 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