


GROUP FITNESS SCHEDULE

September 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 |
|---|--|--|--|---|---|--------|
| 8:30AM Strength and Stretch Mat ♥♥ | | 8:30AM Strength and Stretch Mat ♥♥ | | | | |
| | | | | | | |
| 10:00AM Tabata (50 min) Micki ♥♥♥ | | 10:00AM Center and Balance Natalie ♥ | | 10:00AM Center and Balance Natalie ♥ | | |
| 11:00AM Silver Sneakers Circuit Ty ♥♥ | 11:00AM Fit Generation 1 Mat ♥ | | 11:00AM Silver Sneakers Classic Ty ♥ | 11:00AM Silver Sneakers Splash Ty ♥ | | |
| | | | | My I Club QR Code and Link Here https://www.myiclubonline.com/iclub/members/signin |  | |

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 |
|--|---|--|--|---|---|--------|
| | | | | | | |
| | 8:00AM Total Body Mat ♥♥ | | 8:00AM Total Body Mat ♥♥ | 8:00AM Cardio Tone Micki ♥♥ | | |
| | | | | | | |
| 4:00PM Cardio Tone Ty ♥♥ | 4:00PM Cardio Strength Micki ♥♥ | | 4:00PM Cardio Strength Micki ♥♥♥ | My I Club QR Code and Link Here https://www.myiclubonline.com/iclub/members/signin |  | |
| | | 5:00PM Power Hour Natalie ♥♥ | | | | |

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Monday- Friday 5:00AM-8:00PM

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