

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

December 2022

SPIN ROOM

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
					8:30 AM (45 min) Spin ♥♥♥	
8:30 AM HIIT & Spin Caitlin ♥♥♥		8:30 AM (45 min) Spin Caitlin ♥♥♥				
	5:30 PM Spin- John ♥♥♥		5:30 PM (45 min) Spin- John ♥♥♥			

Click here or scan the QR Code to register for class



ROCK STEADY BOXING: Downstairs room (Special Clearance Required)

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
11:00 AM (90 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		
			12:30 PM (60 min) 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 60 or 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