

Group Fitness Classes

Oct./Nov./Dec. 2023

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
	9:15 AM (30 min) <i>Meditation/Yoga Nidra</i> Carolyn ♥		9:15 AM (30 min) <i>Meditation/Yoga Nidra</i> Carolyn ♥	8:00 AM <i>Yin Yoga</i> Meg ♥♥	9:00 AM (75 min) <i>Dynamic Vinyasa Flow</i> Vicki ♥♥♥	
10:00 AM (50 min) <i>Fit Generation I</i> Jarrett ♥	10:00 AM (75 min) <i>Restorative Yoga</i> Carolyn ♥	10:00 AM (50 min) <i>Fit Generation I</i> Jarrett ♥	10:00 AM (75 min) <i>Restorative Yoga</i> Carolyn ♥	10:00 AM (50 min) <i>Fit Generation I</i> Lynn ♥	10:30 AM (75 min) <i>Yin/Yang Fusion Flow</i> Vicki ♥♥	
11:30 AM <i>Fit Generation II</i> Jarrett ♥♥	11:30 AM (75 min) <i>Strengthen & Stretch</i> Carolyn ♥♥	11:30 AM <i>Fit Generation II</i> Jarrett ♥♥	11:30 AM <i>Fit Generation II</i> Patti ♥♥	11:30 AM <i>Fit Generation II</i> Lynn ♥♥		
				1:00 PM (75 min) <i>Strengthen & Stretch</i> Carolyn ♥♥		2:00 PM (75 min) <i>Slow Vinyasa flow</i> Vicki ♥♥
	4:00 PM <i>Pilates</i> Gi ♥♥♥	3:30 PM <i>Barre</i> Danielle S. ♥♥		My I Club QR Code and Link Here		
5:00 PM (75 min) <i>Dynamic Vinyasa Flow-Vicki</i> ♥♥♥	5:30 PM (75 min) <i>Yin Yoga</i> Meg ♥♥	5:00 PM (75 min) <i>Beginning Hatha Yoga</i> Vicki ♥♥	5:30 PM <i>Pilates</i> Gi ♥♥♥			
6:30 PM (75 min) <i>Yin/Yang Fusion Flow</i> Vicki ♥♥		6:30 PM (75 min) <i>Slow Vinyasa Flow</i> 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
5:30 AM <i>Group Power</i> Jen ♥♥♥		5:30 AM <i>SCULPT</i> Lydia ♥♥♥		5:30 AM <i>SCULPT</i> Jen ♥♥♥		
7:00 AM <i>Cardiac Rehab</i> Room unavailable	8:45 AM <i>Muscle Madness</i> Nausheen ♥♥♥		8:45 AM <i>Muscle Madness</i> Lynn ♥♥♥	8:15 AM <i>Cardio Strength</i> Lydia ♥♥♥		
11:00 AM (90 min) <i>Rock Steady Boxing</i>	11:00 AM (60 min) <i>Rock Steady Boxing</i>	11:00 AM (90 min) <i>Rock Steady Boxing</i>	11:00 AM (60 min) <i>Rock Steady Boxing</i>	11:00 AM (90 min) <i>Rock Steady Boxing</i>		
	12:30 PM (60 min) <i>Rock Steady Boxing</i>		12:30 PM (60 min) <i>Rock Steady Boxing</i>			
4:00 PM <i>Muscle Madness</i> Jordan ♥♥♥				My I Club QR Code and Link Here		
5:30 PM <i>Cardio Tone</i> Lynn ♥♥♥	5:15 PM <i>Group Power</i> Nausheen ♥♥♥		5:15 PM <i>Group Power</i> Nausheen ♥♥♥			

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♥♥♥ Higher Level Intensity Class

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

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