

# Group Fitness Classes

# Oct./Nov./Dec. 2023

FOR QUESTIONS, PLEASE CALL 770-793-7300 or visit [wellstarfitness.org](http://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
9:00 AM (50 min) Pilates Dawn ♥♥	9:15 AM (30 min) Meditation/Yoga Nidra Carolyn ♥	9:00 AM (50 min) Pilates Dawn ♥♥	9:15 AM (30 min) Meditation/Yoga Nidra Carolyn ♥	8:00 AM Yin Yoga Meg ♥♥	9:00 AM (75 min) Dynamic Vinyasa Flow Vicki ♥♥♥	
10:00 AM (50 min) Fit Generation I Jarrett ♥	10:00 AM (75 min) Restorative Yoga Carolyn ♥	10:00 AM (50 min) Fit Generation I Jarrett ♥	10:00 AM (75 min) Restorative Yoga Carolyn ♥	10:00 AM (50 min) Fit Generation I Lynn ♥	10:30 AM (75 min) Yin/Yang Fusion Flow Vicki ♥♥	
11:30 AM Fit Generation II Jarrett ♥♥	11:30 AM (75 min) Strengthen & Stretch Carolyn ♥♥	11:30 AM Fit Generation II Jarrett ♥♥	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

## AEROBICS ROOM 2: DOWNSTAIRS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:30 AM Group Power Jen ♥♥♥		5:30 AM SCULPT Lydia ♥♥♥		5:30 AM SCULPT Jen ♥♥♥		
7:00 AM Cardiac Rehab Room unavailable	8:45 AM Muscle Madness Nausheen ♥♥♥		8:45 AM Muscle Madness Lynn ♥♥♥	8:15 AM Cardio Strength Lydia ♥♥♥		
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		12:30 PM (60 min) Rock Steady Boxing			
4:00 PM Muscle Madness Jordan ♥♥♥						
5:30 PM Cardio Tone Lynn ♥♥♥	5:15 PM Group Power Nausheen ♥♥♥		5:15 PM Group Power Nausheen ♥♥♥			

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## Wellstar Health Place

- ♥ Lower Level Intensity Class
- ♥♥ Medium Level Intensity Class
- ♥♥♥ Higher Level Intensity Class

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

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