


Group Fitness Classes

July/August/Sept. 2024

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
					9:00 AM (75 min) Dynamic Vinyasa Flow Vicki ♥♥♥	
10:00 AM (50 min) Fit Generation I ♥	10:00 AM (75 min) Restorative Yoga Carolyn ♥	10:00 AM (50 min) Fit Generation I ♥	10:00 AM (75 min) Restorative Yoga Carolyn ♥	10:00 AM (50 min) Fit Generation I Lynn ♥	10:30 AM (75 min) Yoga for Everybody Vicki ♥♥	
11:30 AM Fit Generation II ♥♥	11:30 AM (75 min) Yoga Strength/ Flow Carolyn ♥♥	11:30 AM Fit Generation II ♥♥	11:30 AM Fit Generation II Patti ♥♥	11:30 AM Fit Generation II Lynn ♥♥		
				1:00 PM (75 min) Yoga Strength/ Flow Carolyn ♥♥		2:00 PM (75 min) Slow Vinyasa flow Vicki ♥♥
	4:00 PM Pilates Gi ♥♥♥♥	3:30 PM Barre Danielle S. ♥♥		My I Club QR Code and Link Here		
5:00 PM (75 min) Dynamic Vinyasa Flow-Vicki ♥♥♥	5:30 PM (60 min) Yin Yoga Meg ♥♥	5:00 PM (75 min) Yoga for Everybody Vicki ♥♥	5:30 PM Pilates Gi ♥♥♥	 Wellstar Health Place		
6:30 PM (75 min) Yoga for Everybody Vicki ♥♥		6:30 PM (75 min) Slow Vinyasa Flow Vicki ♥♥				

♥ 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 Lydia ♥♥♥		8:45 AM Muscle Madness Lynn ♥♥♥	8:45 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 Rock Steady Boxing	11:00 AM (60 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 ♥♥♥	1:00 PM Flexibility Training Court one Carolyn ♥♥		11:30 AM Flexibility Training Court one Carolyn ♥♥	My I Club QR Code and Link Here		
5:30 PM Cardio Tone Lynn ♥♥♥	5:30 PM Group Power Nausheen ♥♥♥		12:00 PM Therapy Ball Reset Court one Carolyn ♥♥	 Wellstar Health Place		
			5:30 PM Group Power Nausheen ♥♥♥			

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

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

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