

# Wellstar Health Place

## Spin Class/Rock Steady Boxing Schedule

Oct/Nov/Dec 2024

Blue hearts represent class intensity

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

### SPIN ROOM

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	5:30 AM Group Ride Jen ♥♥♥				8:30 AM Group Ride Jen ♥♥♥	
8:30 AM HIIT & Spin Nora ♥♥♥		8:30 AM (45 min) Spin Nora ♥♥♥				
	5:30 PM Group Ride John ♥♥♥	5:30 PM Group Ride John ♥♥♥				

Click here or scan the QR Code to register for class



### ROCK STEADY BOXING: Downstairs room (Special Clearance Required)

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			

**Spin:** Take your cycling workout to the next level with this 45-minute class where you perform intervals, climb, and enjoy the ride on the bike!

**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)**

**Group Ride:** It's a 60-minute cycling experience brought indoors. Roll over hills, chase the pack, spin the flats, climb mountains, and sprint to the finish! Feel the thrill of energetic music and group dynamics as you get all the benefits of authentic interval training. **RIDE ON!**

**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