


Group Fitness Classes

Oct/Nov/Dec 2024

FOR QUESTIONS PLEASE CALL **770-793-7300**

Please note: Class times are 60 minutes unless otherwise noted. Instructors and classes are subject to change.

YOGA ROOM 1: UPSTAIRS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
					9:00 AM (75 min) Dynamic Vinyasa flow Vicki ♥♥♥	
10:00 AM (50 min) Fit Generation I Nora ♥	10:00 AM (75 min) Restorative Yoga Carolyn ♥♥	10:00 AM (50 min) Fit Generation I Nora ♥	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 Nora ♥♥	11:30 AM (75 min) Yoga Strength/Flow Carolyn ♥♥	11:30 AM Fit Generation II Nora ♥♥	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 ♥♥♥		4:15 PM (45 min) Centergy Nasheen ♥♥	My I Club QR Code and Link Here		
5:00 PM (75 min) Dynamic Vinyasa Flow-Vicki ♥♥♥	5:30 PM Yin Yoga Meg ♥♥	5:00 PM (75 min) Yoga for Everybody Vicki ♥♥	5:30 PM Pilates Gi ♥♥♥	 Wellstar Health Place ♥ Lower Level Intensity Class ♥♥ Medium Level Intensity Class ♥♥♥ Higher Level Intensity Class		
6:30 PM (75 min) Yoga for Everybody Vicki ♥♥	6:45 PM (45 min) Centergy Nasheen ♥♥	6:30 PM (75min) Slow Vinyasa Flow Vicki ♥♥				

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 (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			
	1:00 PM Flexibility Training Court One Carolyn ♥♥	1:30 PM – 2:15 PM Cardiac Rehab Room unavailable	11:30 AM Therapy Ball Reset Court One Carolyn ♥♥	My I Club QR Code and Link Here		
4:00 PM Muscle Madness Jordan ♥♥♥			12:15 PM Flexibility Training Court One Carolyn ♥♥	 Wellstar Health Place ♥ Lower Level Intensity Class ♥♥ Medium Level Intensity Class ♥♥♥ Higher Level Intensity Class		
5:30 PM Cardio Tone Lynn ♥♥♥	5:30 PM Group Power Nasheen ♥♥♥	5:30 PM Hip Hop Cardio Erica ♥♥♥	5:30 PM Group Power Nasheen ♥♥♥			

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

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