

Group Fitness Class Schedule

THE Wellness Center
COFFEE REGIONAL MEDICAL CENTER

912-383-6988

Monday Tuesday Wednesday Thursday Friday

5:55 - 6:45 am	S-40 Indoor Cycling (fee)		S-40 Indoor Cycling (fee)		S-40 Indoor Cycling (fee)
8:30 - 9:30 am	BEGINNER'S YOGA	Interval Training	BEGINNER'S YOGA	Interval Training	BEGINNER'S YOGA
10:00 - 10:45 am		Forever Fit <i>(low impact floor class)</i>		Forever Fit <i>(low impact floor class)</i>	
12:15 - 12:45 pm		S-30 Indoor Cycling (fee)		S-30 Indoor Cycling (fee)	
4:15 - 5:15 pm	Yo-Lates <i>(4:30)</i>	Spin Intervals (fee)	Yo-Lates <i>(4:30)</i>	Spin Intervals (fee)	
5:20 - 6:20 pm	Step & Sculpt	<i>Kick Boxing</i>	BODY PUMP	Step & Sculpt	
6:30 - 7:30 pm		S-40 Indoor Cycling (fee)		S-40 Indoor Cycling (fee)	