









Summer 2018 Group Fitness Schedule

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6:00-6:40	Indoor Cycling		Indoor Cycling		Indoor Cycling	
7:30	Yoga 				Yoga 	
8:15	Cycling -X 30 min class	Fit-X Upper Body	Cardio & Core	Fit-X Lower Body	ARMs+X	
9:30-10:15	SilverSneakers Classic	SilverSneakers Circuit	SilverSneakers Classic	SilverSneakers Circuit		 10:00am
10:30-11:15		Fusion 45		Fusion 45		
12:15-12:50		Indoor Cycling		Indoor Cycling		
4:15-5:00	Fit-X Intervals		Fit-X Intervals	 4:30	Classes are FREE to members unless noted "Fee". Monthly Group Fitness membership \$25/month or \$4/class.  A Fitness Center for Everyone!	
5:30-6:25		 6:00		BodyPump		
6:30pm				 6:30		

The Wellness Center - 200 Doctors Building, 2nd Floor- Douglas, GA 31533

We are now "Open 24 Hours 7 Days/Week. Office hours: Monday- Sunday. Call us for more information 912-383-6988!