

SUMMER 2023 GROUP FITNESS SCHEDULE

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6:00-6:40	Indoor Cycling		Indoor Cycling		Indoor Cycling	
6:15-7:00		Blast45		Blast45		
7:15-8:15	Yoga 				Yoga 	
8:15-9:00		Fit-X Lowerbody		Fit-X Upperbody		
9:30-10:15	SilverSneakers	SilverSneakers	SilverSneakers	SilverSneakers		10:00am
10:30-11:15						
12:15-12:50					Classes are FREE to members unless noted "Fee". Monthly Group Fitness membership \$25/month or \$4/class. 	
4:15 or 4:30	4:15 Fit-X Upperbody		4:15 Fit-X Lowerbody	4:30 		
5:15 or 5:30-6:00	Body Pump 5:15 5:30 	5:15 BodyPump	5:15 BodyPump	5:30 Kettle Bell		

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

We are open 24 Hours 7 Days/Week. Office hours: Monday- Saturday. Call us for more information 912-383-6988!

Find us @ www.wellness247.org - Facebook - Instagram @wellness24.7 - Google