

# Group Fitness Schedule

* Fee Based Class
SilverSneakers® Class
† Beginners Welcome

Length of classes are one hour unless otherwise indicated after class name.

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6:00 AM Fitness Floor TNT Various	5:45 AM Room 2 Group Cycle Suni	5:45 AM Room 1 † Total Body Sculpt Jennifer P	5:45 AM Room 2 Group Cycle Suni	6:00 AM Fitness Floor TNT Various	9:00 AM Room 1 Step Various
7:45 AM Room 1 † Stretch & Tone-45 Miriam	7:45 AM Room 1 † Stretch & Strength-45 Miriam	7:45 AM Room 1 † Balance & Flexibility-45 Wanda	7:45 AM Room 1 † Beginning Pilates-45 Wanda	7:45 AM Room 1 † Balance & Flexibility-45 Wanda	9:00 AM Room 2 Group Cycle Maya
8:30 AM Room 1 Hard Bodies Kathy H.	8:00 AM Room 2 Group Cycle Maya	9:00 AM Room 1 * Zumba Various	8:00 AM Room 2 Group Cycle Maya	8:30 AM Room 1 Pi Yo Stretch - 45 Lisa S.	10:00 AM Room 2 † Pi Yo Stretch Various
9:30 Room 1 Step - 45 Kathy H.	8:30 AM Room 1 † Yoga - 45 Lisa S.	8:15 AM Room 2 † Group Cycle Gayle	8:45 AM Room 1 † Total Body Sculpt - 45 Whitney	9:30 AM Room 2 † Step & Abs Lisa M.	11:00 AM Room 1 † Beginner Step Kim
9:30 AM Room 2 * GO Steppers -45 Kathie B	9:30 AM Room 1 Cardio/ Strength Allison	9:30 AM Room 2 Total Body Sculpt Robin	9:30 AM Room 1 † Yoga - 45 Jessica	10:15 AM Room 1 TNT Various	
10:15 AM Room 1 TNT Various	11:00 AM Room 1 * Zumba Gold Carol	10:15 AM Room 1 TNT Various	9:30 AM Room 2 * GO Steppers-45 Kathie B	10:30 AM Room 2 † Heart Beats-45 Desi	
					Sunday
10:30 AM Room 2 † Heart Beats-45 Desi	12:00 PM Room 2 SilverSneakers® Yoga Stretch Sandra	10:30 AM Room 2 † Heart Beats-45 Desi	12:00 PM Room 2 SilverSneakers® Yoga Stretch Sandra	11:30 PM Room 2 SilverSneakers® Cardio Circuit-45 Robin	3:00 PM Room 2 *Zumba Various
11:30 AM Room 2 SilverSneakers® MSROM-45 Brenda	1:30 PM Room 1 * Zumba Gold Carol	11:30 AM Room 2 SilverSneakers® Cardio Circuit-45 Robin	1:30 AM Room 1 * Zumba Gold Carol	12:30 PM Room 2 SilverSneakers® MSROM-45 Carol J.	3:00 PM Room 1 *ZumbAtomic Various
12:30 PM Room 2 SilverSneakers® Cardio Circuit-45 Sandra	4:30 PM Room 1 Pilates Mat Pat	12:30 PM Room 2 SilverSneakers® MSROM-45 Sandra	4:30 PM Room 1 † Yoga Nikki	4:00 PM Room 2 *Zumba Various	4:30 PM Room 1 † Yoga Various
5:30 PM Room 1 Sports Conditioning Dwight	5:15 PM Room 2 † Beginner Step-45 Kim	5:30 PM Room 2 Hard Bodies Dwight	5:30 PM Room 1 Step - 45 Cheryl	5:30 PM Room 2 † Dancing w/ Weights Dwight	
6:00 PM Room 2 Tone N Tighten Cheryl	5:30 PM Room 1 Cardio Calorie Attack - 45 Pat	6:00 PM Room 1 † 30-20-10 Kathy, Cheryl	6:00 PM Room 2 † Group Cycle Christine		
6:30 PM Room 1 * Zumba Jasmine	6:15 PM Room 1 Step - 45 Cheryl	6:30 PM Room 2 *Zumba Toning Jasmine	6:15 PM Room 1 Tone N Tighten Cheryl		
7:30 PM Room 1 † Yoga - 90 Phil	6:00 PM Room 2 Group Cycle Dave	7:30 PM Room 1 † Yoga - 90 Phil	7:00 PM Room 1 † Karate Fitness Phil		
	7:00 PM Room 1 † Karate Fitness Phil		8:00 PM Room 1 * † Shito-ryu Phil		
	8:00 PM Room 1 * † Shito-ryu Phil				

## Aquatics Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
9:00 AM † Aqua Fitness Maya	10:30 AM † Hydro Flex Desi	9:00 AM † Aqua Fitness Anne Marie	10:30 AM † Hydro Flex Various	9:00 AM † Aqua Fitness Robin	9:00 AM † Aqua Kickbox Miriam
7:00 PM Aqua Body Blitz Todd	12:00 PM SilverSneakers® Silver Splash Miriam	6:30 PM Aqua Cardio Blast Ann/Todd	6:30 PM * Aqua Zumba Carol	12:00 PM SilverSneakers® Silver Splash Miriam	11:30 AM- 1:30 PM <b>Family Swimming</b>
	6:30 PM † Aqua Fitness Miriam				

Please limit 30 minutes of swim time if others are waiting.

### Child's Play

Monday-Thursday	Friday	Saturday
8:30 AM -1:00 PM	8:30 AM - 1:00 PM	9:00 AM - 1:00 PM
4:00 PM-8:00 PM	4:00 PM - 7:00 PM	

The maximum time for a Child's Play visit is 2 hours.

### Hours of Operation

Monday - Friday	Saturday	Sunday
5:30 AM- 9:00 PM	8:00 AM - 6:00 PM	1:00 PM - 6:00 PM

Schedule subject to change. Please see website for up-to-date revisions.

[www.thewellnesscentermacon.com](http://www.thewellnesscentermacon.com)

Effective Date 12/01/11