

MACON HEALTH CLUB

A service of The Medical Center of Central Georgia

Group Fitness Schedule

Monday	
12:10 PM	Cardio/Sculpting Kim
5:15 PM	Cardio Strength Combo Linda
Tuesday	
12:10 PM	Stability Ball Kim
5:15 PM	Abs (30 min) Dwight
5:45 PM	Sports Conditioning Dwight
Wednesday	
12:10 PM	Power Step Kim
5:15 PM	Cardio Strength Combo Linda
Thursday	
12:10 PM	Circuit Training Brenda
5:15 PM	Abs Dwight
5:45 PM	Hard Bodies Dwight
Friday	
12:10 PM	Cardio/Sculpting Kim
5:15 PM	Friday's Mix Linda

All Group Fitness Classes are held in the Group Fitness Room.