## Group Fitness Schedule

**EMORY** 

DECATUR

HOSPITAL

**Zoom** Class Available

Must preregister for in-person classes online at: www.ourclublogin.com/510529

**Follow us on Facebook @Emory Decatur Hospital Wellness Center** All Classes are subject to change Classes are limited to 20 people

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
8:30am	Functional Strength / Cardio Jamal	Morning Wake Up Linda Silver	Functional Yoga Anh Chi	Strong and Fit	Functional Strength / Cardio Jamal	8:30 am Functional Yoga
9:45 am	Walk it out	Sneakers	Stability Anh Chi	Exhale	Tai Chi	Anh Chi
11:00 am	Strong and Fit	Silver Sneakers Sandie	Line Dancing Hattie	Silver Sneakers Sandie	Jude Equilibrium Anh Chi	9:45 am Exhale Anh Chi
12:15 pm	Tread Jamal				Tread Jamal	11:00 am
On Fitness Floor	Silver Sneakers Renee	Walk It Out Lisa	Functional Strength and Cardio Jamal	Tai Chi Level 1 🕞 Jude	Seated Body Flow C Anh Chi	Seated Body Flow Anh Chi Sunday
2:30pm	Seated Cardio Abs Hattie	Seated Body Flow C Linda	Old School Aerobics Hattie	Seated Body Flow Linda	Zumba <b>Renee</b>	9:45 am Grit and Grace Lisa
5:30pm	HIIT Strong Hattie	Cardio Abs Sonya	Functional Strength and Cardio Jamal	Grit and Grace Sonya		<b>11:00 am</b> Seated Body Flow Lisa