

Group Fitness Schedule

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

 **Zoom Class Available**

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

Sunday

9:45 am
Grit and Grace
Lisa


11:00 am
Seated Body Flow
Lisa
