

EMORY DECATUR HOSPITAL

Group Fitness Schedule

- All Classes are subject to change
- Adhere to social distancing policies
- Classes are limited to 15 members
- Must preregister for classes online at:

www.ourclublogin.com/510529

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
8:30am	Strong and Fit Hattie	Equilibrium Lisa	Functional Yoga Anh Chi	Morning Wake Up Linda	Tai Chi Level 2 Jude	8:30am Functional Yoga Anh Chi
10:30am	Having a Ball Hattie	Silver Sneakers Sandie	Line Dancing Hattie	Silver Sneakers Sandie	Equilibrium Anh Chi	10:30am Strong and Fit Lisa
12:30pm	Seated Cardio Abs Hattie	Strong and Fit Lisa	Seated Cardio Abs Hattie	Tai Chi Level 1 Jude	Chair Yoga Anh Chi	
2:30pm	Equilibrium Lisa	Seated Stretch / Sculpt Lisa	Strong and Fit Hattie	Cardio Abs Lisa	Tabata Boot Camp Hattie	Sunday
4:30pm	WOD Lisa	Barre Fight Lisa	Exhale Lisa	HIIT Strong Hattie	Fiesta Friday Hattie	8:30am Chair Yoga Lisa
5:30pm	Strong and Fit Lisa	Grit and Grace Lisa	AXL and Iron Lisa	Exhale Lisa		10:30am Line dancing Lisa