










2021 Group Fitness Schedule

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6:00-6:40	Indoor Cycling		Indoor Cycling		Indoor Cycling	
6:15-7:00		Blast45		Blast45		
7:15-8:15	Yoga 				Yoga 	
8:15-9:00		Fit-X Upperbody	Cardio & Core	Fit-X Lowerbody	Blast45 Upper Mix	
9:30-10:15	SilverSneakers	SilverSneakers	SilverSneakers	SilverSneakers		10:00am
10:30-11:15						
12:15-12:50					Classes are FREE to members unless noted "Fee". Monthly Group Fitness membership \$25/month or \$4/class.	
4:30	 Fit-X Intervals		 Fit-X Intervals	 	 A Fitness Center for Everyone!	
5:30-6:15				Kettle Bell		

The Wellness Center - 200 Doctors Building, 2nd Floor- Douglas, GA 31533

We are now open 24 Hours 7 Days/Week. Office hours: Monday- Saturday. Call us for more information 912-383-6988!

Find us @ www.wellness247.org - Facebook - Instagram - Google

