

GROUP FITNESS SCHEDULE 2023

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
8:15-9:10A.M.						POUND WITH CHRIS
8:30-9:25A.M.	TABATA W/BETTY	STEP IT UP WITH ANN	CARDIO HIP HOP WITH ANN	BASIC STEP~TONE WITH NANCY	RIPPED WITH ANNE & BETTY	
9:15A.M.-10:10A.M.						ZUMBA® w/Mavis
9:30-10:00AM				KILLER ABS WITH NANCY		
9:30-10:25A.M.	PILATES WITH MARLENE		THE BLEND WITH ANNE & BETTY		GENTLE MORNING YOGA WITH CHELSEA	
10:15AM-11:00AM		SilverSneakers® MSROM WITH MAVIS		SilverSneakers® MSROM WITH BRYAN		PILATES WITH JANET
11:15AM-12:00PM	SilverSneakers® MSROM WITH ANN	PILATES WITH JANET	SilverSneakers® MSROM WITH ANN	PILATES WITH JANET	SilverSneakers® MSROM WITH BRETT	
4:30-5:25.M.		ZUMBA® w/Mavis		ZUMBA® w/Mavis		
5:00-5:50PM					R.I.P.P.E.D.® WITH MAVIS	
5:30-6:25P.M.	STEP IT UP WITH ANN	R.I.P.P.E.D.® WITH BETTY	PIYO WITH CHRIS	CARDIO HIP HOP WITH KRISTIAN		
6:30-7:25PM	TURBO KICK WITH CHRIS	CARDIO DRUMMING WITH KRYSTAL & AMANDA	BODY BEATZ WITH KRYSTAL & AMANDA			
				REVISED ON 3/6/2023		
*Indicates an additional fee is required to participate in this class.						

1107 BEN ALI DRIVE DANVILLE KY 40422

(859)936-9355

WWW.emhealth.org