



McDowell Wellness  
Center  
A service of Ephraim McDowell Health

## GROUP FITNESS SCHEDULE 2023

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
8:15-9:10A.M.						<b>POUND WITH CHRIS</b>
8:30-9:25A.M.	<b>TABATA W/BETTY</b>	<b>STEP IT UP WITH ANN</b>	<b>CARDIO HIP HOP WITH ANN</b>	<b>BASIC STEP~TONE WITH NANCY</b>	<b>RIPPED WITH ANNE &amp; BETTY</b>	
9:15A.M.-10:10A.M.						<b>ZUMBA® w/Mavis</b>
9:30-10:00AM				<b>KILLER ABS WITH NANCY</b>		
9:30-10:25A.M.	<b>PILATES WITH MARLENE</b>		<b>THE BLEND WITH ANNE &amp; BETTY</b>		<b>GENTLE MORNING YOGA WITH CHELSEA</b>	
10:15AM-11:00AM		<b>SilverSneakers® MSROM WITH MAVIS</b>		<b>SilverSneakers® MSROM WITH BRYAN</b>		<b>PILATES WITH JANET</b>
11:15AM-12:00PM	<b>SilverSneakers® MSROM WITH ANN</b>	<b>PILATES WITH JANET</b>	<b>SilverSneakers® MSROM WITH AUTUMN</b>	<b>PILATES WITH JANET</b>	<b>SilverSneakers® MSROM WITH BRETT</b>	
4:30-5:25.M.		<b>ZUMBA® w/Mavis</b>		<b>ZUMBA® w/Mavis</b>		
5:00-5:50PM					<b>R.I.P.P.E.D.® WITH MAVIS</b>	
5:30-6:25P.M.	<b>STEP IT UP WITH ANN</b>	<b>R.I.P.P.E.D.® WITH BETTY</b>	<b>PIYO WITH CHRIS</b>	<b>KETTLEBELL AMPD WITH ANN &amp; RAMEY</b>		
6:30-7:25PM	<b>TURBO KICK WITH CHRIS</b>	<b>CARDIO DRUMMING WITH KRYSTAL</b>	<b>BODY BEATZ WITH KRYSTAL</b>			
				<b>REVISED ON 9/1/2023</b>		

\*Indicates an additional fee is required to participate in this class.

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