



McDowell Wellness  
Center  
A service of Ephraim McDowell Health

## GROUP FITNESS SCHEDULE 2025

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
8:30-9:25A.M.	TABATA WITH BETTY & ANNE	STEP IT UP WITH ANN	CARDIO HIP HOP WITH ANN	BASIC STEP~TONE WITH NANCY	RIPPED WITH ANNE & BETTY	
9:00-9:55A.M.						ZUMBA® w/Mavis
9:30-10:00AM				KILLER ABS WITH NANCY		
9:30-10:10AM	PILATES WITH MARLENE					
9:30-10:25A.M.			THE BLEND WITH ANNE & BETTY		POWER FLOW YOGA WITH RACHEL	
10:00-10:45A.M.						PILATES WITH JANET
10:15AM-11:00AM	SilverSneakers® Balance & Stability with THERESA	SilverSneakers® MSROM WITH THERESA		SilverSneakers® MSROM WITH BRYAN		
11:15AM-12:00PM	SilverSneakers® MSROM WITH ANN	PILATES WITH JANET	SilverSneakers® MSROM WITH AUTUMN	PILATES WITH JANET	SilverSneakers® MSROM WITH BRETT	
4:30-5:25M.	PILATES WITH JANET (4:30-5:10pm)	ZUMBA® w/Mavis		ZUMBA® w/Mavis		
5:30-6:25M.	CARDIO HIP HOP WITH ANN & DAMEV	BARRE BURN WITH THERESA & AUTUMN		KETTLEBELL AMPD WITH ANN		
6:30-7:25PM	CARDIO DRUMMING WITH KRYSTAL	CARDIO DRUMMING WITH KRYSTAL	BODY BEATZ WITH KRYSTAL	TOTALLY TONED WITH SARAH		
				REVISED ON 6/18/25		

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

1107 BEN ALI DRIVE DANVILLE KY 40422

(859)936-9355

WWW.emhealth.org