



McDowell Wellness
Center
A service of Ephraim McDowell Health

GROUP FITNESS SCHEDULE 2025

<i>TIME</i>	<i>MONDAY</i>	<i>TUESDAY</i>	<i>WEDNESDAY</i>	<i>THURSDAY</i>	<i>FRIDAY</i>	<i>SATURDAY</i>
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	<i>SilverSneakers®</i> Balance & Stability with THERESA	<i>SilverSneakers®</i> MSROM WITH THERESA		<i>SilverSneakers®</i> MSROM WITH BRYAN		
11:15AM-12:00PM	<i>SilverSneakers®</i> MSROM WITH ANN	PILATES WITH JANET	<i>SilverSneakers®</i> MSROM WITH AUTUMN	PILATES WITH JANET	<i>SilverSneakers®</i> 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 & RAMEY	BARRE BURN WITH THERESA & AUTUMN	WALK~N~TONE WITH ANN, JENNIFER, & RAMEY	KETTLEBELL AMPD WITH ANN		
6:30-7:25PM	CARDIO DRUMMING WITH KRYSTAL	BODY BEATZ WITH KRYSTAL	CARDIO DRUMMING WITH KRYSTAL	TOTALLY TONED WITH SARAH (6:40-7:30PM)		
				REVISED ON 7/27/25		

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

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