



McDowell Wellness
Center
A service of Ephraim McDowell Health

GROUP FITNESS SCHEDULE 2025

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
8:30-9:25AM	TABATA with BETTY & ANNE	STEP IT UP with ANN	CARDIO HIP HOP with ANN	BASIC STEP~TONE with NANCY	RIPPED with ANNE & BETTY	
9:00-9:55AM						ZUMBA® with MAVIS
9:30-10:00AM		BARRE BURN with THERESA		KILLER ABS with NANCY		
9:30-10:10AM	PILATES with MARLENE					
9:30-10:25AM			THE BLEND with ANNE & BETTY		POWER FLOW YOGA with RACHEL	
10:00-10:45AM						PILATES with JANET
10:15-11:00AM	<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	
5:30-6:25PM	CARDIO HIP HOP with ANN & RAMEY	BARRE BURN with THERESA & AUTUMN	WALK~N~TONE with ANN, JENNIFER, & RAMEY	KETTLEBELL AMPD with ANN		
4:30-5:25PM	PILATES with JANET (4:30-5:10pm)	ZUMBA® with MAVIS		ZUMBA® with MAVIS		
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 9/03/25	

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

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WWW.emhealth.org