



McDowell Wellness
Center
A service of Ephraim McDowell Health

GROUP FITNESS SCHEDULE 2026

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
8:00-8:55A.M.						*TAI CHI* WITH STAN CLAUNCH
8:30-9:25AM	TABATA with BETTY & ANNE	STEP IT UP with ANN M	CARDIO HIP HOP with ANN M	BASIC STEP-TONE with THERESA & CAYLIE	RIPPED with ANNE & BETTY	
9:00-9:55AM						ZUMBA® with MAVIS
9:30-10:00AM		BARRE BURN with THERESA		ALL ABOUT THE CORE WITH SARA		
9:30-10:10AM	PILATES with MARLENE					
9:30-10:25AM			THE BLEND with ANNE & BETTY		POWER FLOW YOGA with RACHEL	
10:00-11:00AM						PILATES & STRETCH with JANET
10:15-11:00AM	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	
12:15-1:00PM					SILVER LINE DANCING W/ANN M	
4:30-5:25PM	PILATES with JANET (4:30-5:10pm)	ZUMBA® with MAVIS		ZUMBA® with MAVIS		
5:30-6:25PM	CARDIO HIP HOP with ANN M & RAMEY	BARRE & BOXING WITH THERESA STARTS 9/8	FITNESS LINE DANCING WITH ANN, RAMEY, & JENNIFER	KETTLEBELL AMPD with ANN M		
6:30-7:25PM	CARDIO DRUMMING with KRYSTAL	BODY BEATZ with KRYSTAL	CARDIO DRUMMING with KRYSTAL			
6:45-7:45PM				*ROOKIE BOOT CAMP* WITH ANN M	REVISED ON 9/1/26	

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

1107 BEN ALI DRIVE DANVILLE KY 40422

(859)936-9355

WWW.emhealth.org