McDowell Wellness Center
A service of Ephraim McDowell Health

GROUP FITNESS SCHEDULE 2026

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
5:30-6:30AM		EARLY BIRD BURN W/ANN M		EARLY BIRD BURN W/ANN M		
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	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 10/7/26	

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

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