



EMH Wellness Center Group Fitness Schedule



Monday:

8:30-9:00 am	Cardio Step	Lindsay
9:00-9:30 am	Kettlebell Cardio Circuit	Lindsay
10:00-11:00 am	Yoga	Susan
12:00-12:30 pm	Upperbody/Core Strength	Rhonda
2:00-2:45 pm	SilverSneaker Yoga	Ken
5:15-5:45 pm	Mixbody Pump	Sandro
5:45-6:15 pm	Brazilian Abs n Butt	Sandro
6:30-7:15 pm	Shotokan Karate (ages 4-7) *Extra Fee	Sandro
7:15-8:00 pm	Shotokan Karate (ages 8-13) *Extra Fee	Sandro

Tuesday:

5:30-6:00 am	HIIT	Lindsay
6:00-6:30 am	Pound	Lindsay
8:30-9:00 am	Yoga	Lindsay
9:00-9:30 am	Barre	Lindsay
10:00-10:45 am	SilverSneaker Classic	Ken
11:00-11:45 am	SilverSneaker Yoga	Ken
12:00-12:30 pm	Lowerbody/Core Strength	Lindsay

Wednesday:

8:30-9:00 am	Cardio Step	Susan
9:00-9:30 am	Stability Ball Sculpting	Susan
10:00-10:30 am	SilverSneaker Boom MOVE	Lindsay
12:00-12:30 pm	Upperbody/Core Strength	Lindsay
12:30-1:00 pm	Pound	Lindsay

Thursday:

5:30-6:00 am	HIIT	Lindsay
6:00-6:30 am	Pound	Lindsay
8:30-9:00 am	Yoga	Lindsay
9:00-9:30 am	Complete Core	Lindsay
12:00-12:30 pm	Lowerbody/Core Strength	Lindsay
2:00-2:45 pm	SilverSneaker Classic	Ken
5:15-5:45 pm	Mixbody Pump	Sandro
5:45-6:15 pm	Brazilian Abs n Butt	Sandro

Friday:

8:30-9:00 am	Cardio Step	Lindsay
9:00-9:30 am	Pound	Lindsay
10:00-10:45 am	SilverSneaker Yoga	Ken
11:00-11:45 am	SilverSneaker Classic	Ken

Staffed Hours:

Mon: 7am - 7pm
 Tues: 5:30am - 7pm
 Wed: 7am - 3pm
 Thurs: 5:30am - 7pm
 Fri: 7am - 3pm

Door Access Hours:

Mon: 5:30am - 7am & 7pm - 10pm
 Tues: 7pm - 10pm
 Wed: 5:30am - 7am & 3pm - 10pm
 Thurs: 7pm - 10pm
 Fri: 5:30am - 7am & 3pm - 10pm
 Sat & Sun: 5:30am - 10pm

4 Medical Dr.

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