













**WELLNESS CENTER
GROUP FITNESS
SCHEDULE**

**4 MEDICAL DRIVE
ELBERTON, GA 30635
(706) 283-6831**

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
HOURS	5:30 – 6:30 AM Susan POWER COMBO		5:30 – 6:30AM Susan POWER COMBO		5:30 – 6:30 AM Susan POWER COMBO	
Mon, Tues, & Thurs 5:30 AM – 8:00 PM	8:30 – 9:15 AM Lindsay POWER DOWN	8:30 – 9:15 AM Lindsay POWER  FLOW	8:30 – 9:15 AM Kim POWER DOWN	8:30 – 9:15 AM Lindsay POWER  FLOW	8:30 – 9:15 AM Kim POWER DOWN	
Wed & Fri 5:30 AM – 6:00 PM	12 – 12:30 PM Lindsay POWER  PUMP	12 – 12:30 PM Lindsay POWER  PUMP	12-12:30 PM Lindsay POWER  PUMP	12 – 12:30PM Lindsay POWER  PUMP		
Sat 8:00 AM – 11:00 AM	(Upper & Abs)	(Lower & Obliques)	(Upper & Back)	(Lower & Abs)		
		2 – 2:30 PM Kim 55+ POWER		2 – 2:30 PM Kim 55+ POWER		
				4:30 – 5:30 PM Susan POWER  FLOW		
	5:30 – 6:15 PM Rina POWER COMBO	5:30 – 6:30 PM Tracy POWER  COMBO		5:30 – 6:30 PM Rina POWER  COMBO		
	6:30 – 7:15 PM Sandro SHOTOKAN  KARATE (Ages 4 – 7)					
	7:15-8:00 PM Sandro SHOTOKAN  KARATE (Ages 8 - 14)	7:00 - 8:00 PM Sandro SHOTOKAN  KARATE (Ages 15 +)				