

## GROUP FITNESS SCHEDULE 2021

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
5:20-6:20A.M.	MWC BOOTCAMP WITH ANN		MWC BOOTCAMP WITH ANN		MWC BOOTCAMP WITH ANN	
8:15-9:00A.M.	TABATA W/BETTY		<b>CARDIO HIP HOP WITH ANN</b>	BASIC STEP-TONE WITH NANCY	<b>RUMBLE WITH ANN</b>	<b>POUND WITH CHRIS</b>
8:30-930A.M.		STEP IT UP WITH ANN		BASIC STEP-TONE WITH NANCY		
9:15-10:00A.M.	<b>PILATES WITH MARLENE</b>		KETTLEBELL AMPD WITH ANNE & BETTY			ZUMBA® w/Mavis
9:30-9:50a.m.					<b>killer abs with BETTY</b>	
10:00-11:00A.M.					R.I.P.P.E.D.® WITH BETTY	
10:15AM-11:00AM	<b>BEGINNER RIPPED® WITH ANN</b>	<b>SilverSneakers® MSROM WITH MAVIS</b>	<b>BEGINNER RIPPED® WITH MAVIS</b>	<b>SilverSneakers® MSROM WITH LYNETT</b>		WILD CARD WITH ANN/SARAH/BETTY
11:15AM-12:00PM	<b>SilverSneakers® MSROM WITH LYNETT</b>		<b>SilverSneakers® MSROM WITH BRITTANY</b>		<b>SilverSneakers® MSROM WITH BRITTANY</b>	
12:15-1:00PM	<b>FLOW YOGA WITH SARA</b>					
4:30-5:15P.M.		ZUMBA® w/Mavis	<b>TABATA WITH BETTY</b>	ZUMBA® w/Mavis		
5:30-6:15P.M.	<b>RUMBLE WITH ANN</b>		<b>POUND WITH CHRIS</b>	KETTLEBELL AMPD WITH ANN		
5:45-6:30A.M.		R.I.P.P.E.D.® WITH ANN				
6:30-7:15PM	<b>POUND WITH CHRIS</b>		<b>CARDIO HIP HOP WITH ANN</b>			
					REVISED ON 1/721	
*Indicates an additional fee is required to participate in this class.						
1107 BEN ALI DRIVE DANVILLE KY 40422 (859)936-9355 WWW.emhealth.org						

