

January 2023

# GROUP FITNESS SCHEDULE

Reserve through the GymMaster App or online portal.



TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
5:30 am	BLAST IT! MAURA		BLAST IT! MAURA		
6 am		SPIN DEB		SPIN DEB	
8:30 am	SILVER SNEAKERS CLASSIC MAURA		SILVER SNEAKERS CLASSIC MAURA		SILVER SNEAKERS CLASSIC MAURA
9:30 am	YOGA SYREETA   TONE ZONE MAURA	TONE ZONE MAURA	TONE ZONE SYREETA	TONE ZONE MAURA	STRETCH & RELEASE PRISCILA
10:30 am	TABATA MARIA	SILVER SNEAKERS CLASSIC MAURA	ZUMBA GOLD MARIA	SILVER SNEAKERS CLASSIC MAURA	ZUMBA GOLD MARIA
11:30 am		SILVER SNEAKERS YOGA MAURA	ZUMBA CHAIR (45') MARIA	SILVER SNEAKERS YOGA MAURA	ZUMBA CHAIR (45') MARIA
<b>Evening Classes</b>					
5:30 pm	POWER HOUR REBECCA	CARDIOKICK! CHRISTINA	POWER HOUR REBECCA	CARDIOKICK! CHRISTINA	
6:30 pm	YOGA (45') REBECCA	Yoga (45') REBECCA	YOGA (45') REBECCA	 Spin Fusion (45') CHRISTINA	

**VIRTUAL CLASSES\***  
Virtual Spin 24/7  
30-60 minute classes  
Every hour on the half hour.  
\*Reserve your spot online.

## HOURS OF OPERATION:

**Monday to Thursday:**  
5 am to 8 pm

**Friday:**  
5 am to 6 pm

**Saturday and Sunday:**  
9 am to 3 pm

To sign up for virtual classes, make sure to download the GymMaster app.

## CONTACT INFORMATION



AHZWellnessCenter.com



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