

NOVEMBER 2022

GROUP FITNESS SCHEDULE

Reserve through the GymMaster App or online portal.



Advent Health
Wellness Center

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 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 <i>* Begins 11/16</i>	SILVER SNEAKERS YOGA MAURA	ZUMBA CHAIR (45') MARIA <i>* Begins 11/18</i>
Evening Classes					
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	PILATES (45') CHRISTINA	

ADDITIONAL CLASS OPTIONS

GROUP TRAINING*

Boxing with Taylor
Tuesday and Thursday
5:30 pm

*See the front desk team for more information and pricing.

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

CONTACT INFORMATION



AHZWellnessCenter.com



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