

August 2022

GROUP FITNESS SCHEDULE

Reserve through the GymMaster App or online portal.

New
Classes


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 PRISCILA		SILVER SNEAKERS CLASSIC PRISCILA		SILVER SNEAKERS CLASSIC PRISCILA
9:30 am	YOGA SYREETA	 TONE ZONE MAURA	YOGA SYREETA	 TONE ZONE MAURA	STRETCH AND 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		SILVER SNEAKERS YOGA MAURA	

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.

Evening Classes

5:30 pm	 POWER HOUR REBECCA	CARDIOKICK! CHRISTINA	 POWER HOUR REBECCA	CARDIOKICK! CHRISTINA	
6:30 pm	 YOGA (45') REBECCA	 YOGALATES (45') REBECCA	 YOGA (45') REBECCA	 YOGALATES (45') CHRISTINA	

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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