











Winter 2017 Group Fitness Schedule

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6:00-6:40	Indoor Cycling		Indoor Cycling		Indoor Cycling	
6:00	TABATA Bootcamp (fee)		TABATA Bootcamp (fee)		TABATA Bootcamp (fee)	
7:45- 8:30	Yoga 				Yoga 	
8:30-9:25	Cycling -X	Fit-X Upper Body	 ZUMBA FITNESS	Fit-X Lower Body	Cycling-X	
9:30-10:15	SilverSneakers Classic	SilverSneakers Circuit	SilverSneakers Classic	SilverSneakers Circuit		 10:00am
10:30-11:15		Fusion 45		Fusion 45		
12:15-12:50		Indoor Cycling		Indoor Cycling		
4:00-4:30	TABATA Bootcamp (fee)	TABATA Bootcamp (fee)		TABATA Bootcamp (fee)	<p>Classes are FREE to members unless noted "Fee". Unlimited Monthly Classes for \$20/month or \$3/class.</p>  <p>Wellness Center A Lifestyle to Better Health!</p>	
4:45-5:25						
5:30-6:25			Fit-X Intervals	BodyPump		
6:30pm		Indoor Cycling		Indoor Cycling		

Tabata Bootcamp: an 8 Week Weight Loss Challenge. Please see front desk for start up dates and fees associated with the class.

CRMC Wellness Center- 200 Doctors Drive, Suite 222- Douglas GA 31533 912-383-6988