

WELLNESS WORKS SELF REGIONAL



HEALTHCARE

February , 2010

(864) 725-4664

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|--|---|--|---|---|--|
| 1 6:00 Interval/VR 8:30 Fitness First/VR 9:30 SII/SC 10:00 Circuit/KD 4:30 Step II/CD 4:30 Beg Yoga/KM *5:00 Water/KD 5:30 Zumba/GB 5:30 Pace/JR 6:00 Beg. Yoga/JV *6:15 Water/KD | 2 6:00 Interval/VR 900 Zumbalattes/JV 10:15 Interval/VR 10:30 Yoga/JV *5:00 Water/KD 5:30 WWRT/JR 5:30 CardioDance/TK *6:15 Water/KD 6:30 Yoga/JV | 3 6:00 Interval/VR 8:30 Fitness First/VR 9:30 Circuit I/KD 9:45 Beg Yoga/GB 4:30 Step II/CD *5:00 Water/KD 5:30 Zumba/GB 5:30 Pace/JR 6:00 Beg Pilates/JV 6:30 Wild Card/CA 7:30 Abs/CA | 4 6:00 Interval/VR 9:00 PilatesCircuit/JV 10:30 Yoga/JV 4:30 Interval/CA 5:30 WWRT/JR 5:30 CardioDance/TK 6:45 BAT/JR 7:00 Power Yoga/JV | 5 8:30 Step II/SC 9:30 CardioFusion/GB 4:30 Pace/KM | 6 9:00 Pilates/JV 10:00 Zumba/GB |
| 8 6:00 Interval/VR 8:30 Fitness First/VR 9:30 SII/SC 10:00 Circuit/KD 4:30 Step II/CD 4:30 Beg Yoga/KM *5:00 Water/KD 5:30 Zumba/GB 5:30 Pace/JR 6:00 Beg. Yoga/JV *6:15 Water/KD | 9 6:00 Interval/VR 900 Zumbalattes/JV 10:15 Interval/VR 10:30 Yoga/JV *5:00 Water/KD 5:30 WWRT/JR 5:30 CardioDance/TK *6:15 Water/KD 6:30 Yoga/JV | 10 6:00 Interval/VR 8:30 Fitness First/VR 9:30 Circuit I/KD 9:45 Beg Yoga/GB 4:30 Step II/CD *5:00 Water/KD 5:30 Zumba/GB 5:30 Pace/JR 6:00 Beg Pilates/JV *6:15 Water/KD 6:30 Wild Card/CA 7:30 Abs/CA | 11 6:00 Interval/VR 9:00 PilatesCircuit/JV 10:30 Yoga/JV 4:30 Interval/CA 5:30 WWRT/JR 5:30 CardioDance/TK 6:45 BAT/JR 7:00 Power Yoga/JV | 12 6:00 Interval/VR 8:30 Step II/SC 9:30 Interval/VR 9:30 CardioFusion/GB 4:30 Pace/KM | 13 9:00 Pilates/JV 10:00 Zumba/GB |
| 15 6:00 Interval/VR 8:30 Fitness First/VR 9:30 SII/VR 10:00 Circuit/KD 4:30 Step II/CD 4:30 Beg Yoga/KM *5:00 Water/KD 5:30 Zumba/GB 5:30 Pace/JR 6:00 Beg. Yoga/JV *6:15 Water/KD | 16 6:00 Interval/VR 9:00 Zumbalattes/JV 10:15 Interval/VR 10:30 Yoga/JV *5:00 Water/KD 5:30 CardioDance/TK 5:30 WWRT/JR *6:15 Water/KD 6:30 Yoga/JV | 17 6:00 Interval/VR 8:30 Fitness First/VR 9:30 Circuit II/KD 9:45 Beg Yoga/GB 4:30 Step II/CD *5:00 Water/KD 5:30 Zumba/GB 5:30 Pace/JR 6:00 Beg Pilates/JV 6:15 Water/KD 6:30 Wild Card/CA 7:30 Abs/CA | 18 6:00 Interval/VR 9:00 PilatesCircuit/JV 10:30 Yoga/JV 4:30 Interval/CA 5:30 WWRT/JR 5:30 CardioDance/TK 6:45 BAT/ JR 7:00 Power Yoga/JV | 19 6:00 Interval/VR 8:30 Step II/SC 9:30 CardioFusion/GB 9:30 Interval/VR 4:30 Pace/KM | 20 9:00 Pilates/JV 10:30 Zumbalattes/JV |
| 22 6:00 Interval/VR 8:30 Fitness First/VR 9:30 SII/SC 10:00 Circuit II/KD 4:30 Step II/CD 4:30 Beg Yoga/KM *5:00 Water/KD 5:30 Zumba/GB 5:30 Pace/JR 6:00 Beg Yoga/JV *6:15 Water/KD | 23 6:00 Interval/VR 9:00 Zumbalattes/JV 10:15 Interval/VR 10:30 Yoga/JV *5:00 Water/KD 5:30 WWRT/JR 5:30 CardioDance/GB *6:15 Water/KD 6:30 Yoga/JV | 24 6:00 Interval/VR 8:30 Fitness First/VR 9:30 Circuit II/KD 9:45 Beg Yoga/GB 4:30 Step II/CD *5:00 Water/KD 5:30 Zumba/GB 5:30 Pace/JR 6:00 Beg Pilates/JV *6:15 Water/KD 6:30 Wild Card/CA 7:30 Abs/CA | 25 6:00 Interval/VR 9:00 PilatesCircuit/JV 10:30 Yoga/JV 4:30 Interval/CA 5:30 WWRT/JR 5:30 CardioDance/TK 6:45 BAT/ JR 7:00 Power Yoga/JV | 26 6:00 Interval/VR 8:30 Step II/SC 9:30 CardioFusion/GB 9:30 Interval/VR 4:30 Pace/KM | 27 9:00 Pilates/JV 10:30 Zumbalattes/JV |
| | | | | | |

Classes printed in bold will be held in ROOM #128.

Pace classes are held in ROOM #139.

All other aerobic classes held in ROOM #111.

*Water classes are held at the Optimum Life Center located across from the emergency room side of the hospital.