

Group Fitness Studio Class Schedule (Apr 27 - May 24) 2026

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
5:30	TABATA 45m Pam	Group Power 60m Lyn	Cardio, Core, & More 45m Lyn	Group Power 60m Lyn	TABATA 45m Pam	
8:15	Step 60m Debra	TABATA 45m Jeff	Step 60m Debra	TABATA 45m Jeff	ZUMBA 60m Rachel	ZUMBA 60m Jenny / Rachel
9:15		Group Power 60m Cindy		Group Power 60m Cindy		
9:30						Group Power 60m Dena
10:15		Beginner Step 45m Laura		Beginner Step 45m Laura		
11:15	Senior Yoga 45m Tomoko		Senior Yoga 45m Tomoko		Senior Yoga 45m Tomoko	
12:00		Strength for Life 45m Matt		Strength for Life 45m Matt		
12:30						
1:00 classroom	Forever Fit 60m Tucker		Forever Fit 60m Antonio		Forever Fit 60m Aaron	
1:45						
3:00						
4:15			ZUMBA 60m Rachel			
4:30	Cardio, Core, & More 45m Pam	TABATA 45m Antonio		Cardio, Core, & More 45m Pam	Group Power 60m Pam	
5:30	Group Power 60m Pam		Group Power 60m Karyn			
6:30	ZUMBA 60m Elsa	ZUMBA 60m Jenny	ZUMBA Toning 60m Elsa	Strong Nation 60m Elsa	ZUMBA 60m Elsa	

CYCLE Class Schedule (Apr 27 - May 24) 2026

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
5:30	Group Ride 60m Lyn				Group Ride 60m Lyn	
8:15						Group Ride 60m Liana / Pam / Lyn
8:30		R30 - Pat		R30 - Pat		
11:15		R30 - Pat		R30 - Pat		
5:30	FreeStyle 60m Dena	FreeStyle 60m Dena		Group Ride 60m Pam		

Mind / Body Class Schedule (Apr 27 - May 24) 2026

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
8:30	BARRE 45m Rachel		BARRE 45m Michelle		BARRE 45m Rachel	
9:20	Group Centergy 60m Laura	Yang Yoga 45m Pat	Yogalates 60m Cindy	Yang Yoga 45m Pat	Group Centergy 60m Laura	Pilates 45m Emily Grace
10:15		Yin Yoga 45m Pat		Yin Yoga 45m Pat		
10:30						Heated Yoga 60m Pat / Karyn
12:00						Stressless Stretching 30m Emily
4:00						
4:30		Group Centergy 60m Lyn	BARRE 45m Michelle	Group Centergy 60m Lyn		
5:15			Yin Yoga 60m Pat			
5:30	Heated Yoga 60m Karyn	Pilates 45m Emily Grace		Heated Yoga 60m Karyn		
6:30	Group Centergy 60m Dena					

POOL Class Schedule (Apr 27 -May 24) 2026

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
8:30		Liquid Fitness 60m Muna		Liquid Fitness 60m Antonio		
9:00	Arthritis Aquatics 45m Tucker		Arthritis Aquatics 45m Antonio		Arthritis Aquatics 45m Antonio	
11:00	Arthritis Aquatics 45m Aaron		Arthritis Aquatics 45m Tucker		Arthritis Aquatics 45m Aaron	
5:30	Liquid Fitness 60m Natalia	Liquid Fitness 60m Daniela		Liquid Fitness 60m Daniela		

Bradley Wellness Center

(706) 278-WELL

www.bradleywell.com

SUNDAY
BOOTCAMP 30m/30m Elsa
ZUMBA 60m Natalia
Group Power 60m Karyn

SUNDAY

SUNDAY
Group Centergy 60m Dena

SUNDAY

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