

# EMORY **Group Fitness** DECATUR HOSPITAL **Schedule**

- All Classes are subject to change
- Adhere to social distancing policies
- Classes are limited to 15 members
- Must preregister for classes online at:

[www.ourclublogin.com/510529](http://www.ourclublogin.com/510529)

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>8:30am</b>	Strong and Fit Hattie	Equilibrium Lisa	Functional Yoga Anh Chi	Morning Wake Up Linda	Tai Chi Level 2 Jude	<b>8:30am</b> Functional Yoga Anh Chi
<b>10:30am</b>	Having a Ball Hattie	Silver Sneakers Sandie	Line Dancing Hattie	Silver Sneakers Sandie	Equilibrium Anh Chi	<b>10:30am</b> Strong and Fit Lisa
<b>12:30pm</b>	Seated Cardio Abs Hattie	Strong and Fit Lisa	Seated Cardio Abs Hattie	Tai Chi Level 1 Jude	Chair Yoga Anh Chi	
<b>2:30pm</b>	Equilibrium Lisa	Seated Stretch / Sculpt Lisa	Strong and Fit Hattie	Cardio Abs Lisa	Tabata Boot Camp Hattie	<b>Sunday</b> <b>8:30am</b> Chair Yoga Lisa
<b>4:30pm</b>	WOD Lisa	Barre Fight Lisa	Exhale Lisa	HIIT Strong Hattie	Fiesta Friday Hattie	<b>10:30am</b> Line dancing Lisa
<b>5:30pm</b>	Strong and Fit Lisa	Grit and Grace Lisa	AXL and Iron Lisa	Exhale Lisa		