



HEALTHY U



## FITNESS ROOM SCHEDULE

- CLASSES TAKE PLACE IN THE FITNESS ROOM LOCATED ON LEVEL 3 OF THE MEDICAL OFFICE BUILDING. *(FIRST DOOR DIRECTLY ON THE LEFT AFTER EXITING THE ELEVATORS).*
- ALL CLASSES ARE FREE FOR WMC EMPLOYEES.
- ALL CLASSES ARE OPEN TO THE PUBLIC FOR \$5.

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
5:30AM				<b>TABATA</b> James	
4PM					
5PM	<b>BOOT CAMP</b> Barb		<b>BELLY DANCING</b> <b>BODY FITNESS</b> Becca		
5:30PM					
6PM	<b>POUND</b> Becca		<b>YOGA</b> Carri		
6:15PM					
6:30PM		<b>CARDIO DANCE</b> <b>FITNESS</b> Stacey		<b>CARDIO DANCE</b> <b>FITNESS</b> Stacey	
7PM	<b>ZUMBA</b> Erin				

**\*LAST FRIDAY OF EACH MONTH—YOGA W/ CARRI AT 5PM**

**DOWNLOAD THE WMC APP FOR CLASS UPDATES/CHANGES.**

**CLICK THE NOTIFICATIONS ICON.**

*(SEARCH FOR "WEIRTON MEDICAL CENTER" IN YOUR APP STORE).*