

February Group Ex Schedule

Now Offering*Unlimited Classes-\$50/ month (see a fitness pro for details)

Drop-In Rate \$10/ class

SCHEDULE IS SUBJECT TO CHANGE MONTHLY

Day	Time	Class	Instructor	Class Type
<u>Sunday</u>	8-9am	*Martial Arts	Steve	Mind Body
	9:15-10:00am	Tabata/Abs	DeeDee/Peaches	Total Body
<u>Monday</u>	7-8am	Boot Camp	Peaches	Total Body
	6:00-7pm	Power Resistance	Greg	Strength
	7-8pm	*Zumba	Leah	Cardio
<u>Tuesday</u>	6-6:45am	Cardio Step	Peaches	Cardio
	6-6:45pm	HIIT	Chioma	Total Body
	7-8pm	Fit Jam	Michelle	Cardio
<u>Wednesday</u>	7-8am	Power Resistance	Dee-Dee	Strength
	6-6:45pm	Cardio Step	Peaches	Cardio
<u>Thursday</u>	6-6:40am	Tabata/Abs	Dee-Dee	Total Body
	6-6:45pm	Butts & Guts	Chioma	Strength
	6:45-7:45pm	Zumba	Michelle	Cardio
	8-9pm	*Strong	Leah	Total Body
<u>Friday</u>	6-7pm	Cardio Kickboxing Classes held only on the 8th & 22nd	Dee-Dee	Total Body
	7-8:00pm	*Martial Arts/Tai Chi	Steve	Cardio
<u>Saturday</u>	9-10am	Boot Camp	Greg	Total Body
	10-10:30am	Stretch	Greg	Mind Body

- **TOTAL BODY** CLASSES OFFER STRENGTH, CARDIO AND CORE TRAINING
- **MIND/ BODY** CLASSES HELP WITH THE BODIES FLEXIBILITY, MIND CLARITY AND CORE STRENGTH
- **STRENGTH CLASSES** OFFER WEIGHT EXERCISES TO IMPROVE MUSCULAR ENDURANCE AND ENERGY
- **CARDIO** CLASSES FEATURE LOW-IMPACT/ HIGH INTENSITY MOVEMENTS TO ELEVATE THE HEART RATE AND IMPROVE CARDIOVASCULAR FITNESS
- *NOT INCLUDED IN THE UNLIMITED CLASSES. REQUIRES EXTRA FEE.

Well Space

6000 Greenbelt Rd #01-B

Greenbelt, MD

(301) 806-5754

www.wellspacefitness.com

Hours of Operation

Monday - Friday 7:00am-9:00pm

Saturday - Sunday 8:00am-12:00pm

****Located outside in the back of Beltway Plaza between AMC Movie Theatres and The Laundromat*****