



Atrium Health Kings Mountain Group Fitness Schedule – January 2019



Monday	Tuesday	Wednesday	Thursday	Friday
	1	2	3 REFIT w/Bodyweight & Bands 5:30 – 6:15	4
7	8 REFIT w/Bodyweight & Bands 5:30 – 6:15	9	10 Mixed Fit w/Bodyweight & Bands 5:30 – 6:15	11
14	15 Mixed Fit w/Bodyweight & Bands 5:30 – 6:15	16	17 REFIT w/Bodyweight & Bands 5:30 – 6:15	18
21	22 REFIT w/Bodyweight & Bands 5:30 – 6:15	23	24 Mixed Fit w/Bodyweight & Bands 5:30 – 6:15	25
28	29 Mixed Fit w/Bodyweight & Bands 5:30 – 6:15	30	31 REFIT w/Bodyweight & Bands 5:30 – 6:15	

Classes are held in the Community Room.

All classes can be modified for beginners, please let the instructor know if this is your first time!

All classes are free to Atrium Health teammates and immediate family (16 years+).