

WELLCOM

GROUP FITNESS CLASSES



CLASS SCHEDULES

HIIT CLASS WITH MARIAH

Every Mon & Wed

Time: 4pm-5pm

**Location: 2714 Union Ave Ext
5th floor training room**



CLASS WITH COURTNEY

Every Wed & Thursday

Time: 2pm-3pm & 4pm-5pm

Location: 125 N. Main Room 2B

CLASS WITH D'Ron JONES

**Benjamin Hooks Library Break
Room**

Mon & Fri: 11-12pm & 12-1pm

Wed: 4pm-5pm

125 N. Main Room 2B

Tues & Thurs: 5pm-6pm



City of
MEMPHIS
WELLNESS