



# Atrium Health Kings Mountain Group Fitness Schedule – May 2019



Monday	Tuesday	Wednesday	Thursday	Friday
		1	2 <b>Mixed Fit</b> w/Bodyweights & Bands 5:30 – 6:15	3
6	7 <b>Mixed Fit</b> w/Bodyweights & Bands 5:30 – 6:15	8	9 <b>REFIT</b> w/Bodyweight & Bands 5:30 – 6:15	10
13	14 <b>REFIT</b> w/Bodyweight & Bands 5:30 – 6:15	15	16 <b>Mixed Fit</b> w/Bodyweights & Bands 5:30 – 6:15	17
20	21 <b>Mixed Fit</b> w/Bodyweights & Bands 5:30 – 6:15	22	23 <b>REFIT</b> w/Bodyweight & Bands 5:30 – 6:15	24
27	28 <b>REFIT</b> w/Bodyweight & Bands 5:30 – 6:15	29	30 <b>Mixed Fit</b> w/Bodyweights & Bands 5:30 – 6:15	31

**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+).**