



**WellZone**  
*Alamance Regional Medical Center*

## ARMC Group Exercise Schedule

1240 Huffman Mill Rd Burlington, NC 27215

Directions: Enter through the Medical Mall entrance. There are a set of elevators on the left side. Take the elevator down to Lower Level. Exit the elevator and follow the long corridor down to the WellZone on your right.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	Senior Fitness with Brandy 9 AM	Senior Fitness with Brandy 9 AM	Senior Fitness with Brandy 9 AM	Senior Fitness with Brandy 9 AM	Resistance Bands with Brandy 12:15 PM	
	<b>Power Up Express with Gerald 12:15 PM</b>	Senior Fitness with Gerald 1 PM	<b>Power Up Express with Janée 12:15 PM</b>	Senior Fitness with Brandy 1 PM		
		Slow Flow Yoga with Jennifer 4:30 PM		Restorative Yoga with Jennifer 4:30 PM		
	Pound with Jill G. 5:30 PM	Total Toning with Gerald 5:30 PM	Barre with Brandy 5:30 PM	Pound with Jill G. 5:30 PM		

All classes are 45 minutes except those highlighted in yellow.