

East Liberty Wellness Center | February 2024 In-Person Group Exercise Schedule

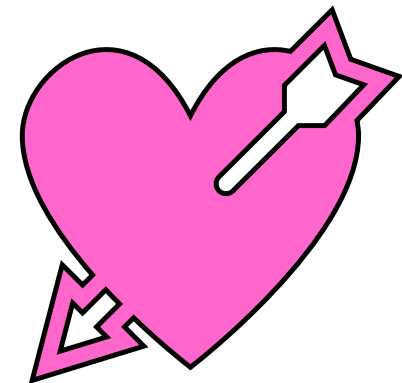
RE-ENERGIZE.

February 1st – February 29th, 2024

All fitness levels are welcome! Please see our virtual group fitness solution HealthFitness360 for additional class options. Visit hondawellness.com or stop by any wellness center for more information!

TIME ZONE (EST)	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
5:15a – 6a			Wednesday Wake Up		

Wednesday Wake Up: Anything goes. Like bootcamp, each class is a well-rounded blend created to challenge cardiovascular fitness, build strength, and burn fat while correcting technique and keeping you healthy.





CLASS DESCRIPTIONS

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