

# OUTDOOR/VIRTUAL\* Group Fitness Classes

## SCHEDULE

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>SPIN</b> 8:00-9:00 am 10:00-11:00 am	* <b>YOGA FLOW</b> 8:15-9:15 am	* <b>GENTLE YOGA</b> 8:15-9:15 am	<b>MORNING YOGA</b> 8:15-9:15 am	** <b>CHAIR YOGA</b> 9:15-10:15 am	** <b>SPIN</b> 8:00-9:00 am	** <b>SPIN</b> 9:00-10:00 am
<b>POUND</b> 9:15-9:45 am	<b>HIIT</b> 9:00-9:45 am	<b>SPIN n' SCULPT</b> 9:30-10:30 am	<b>ZUMBA</b> 10:30-11:30 am	30min <b>SPIN/</b> 30min <b>STRENGTH</b> 9:30-10:30 am	** <b>SIT &amp; FIT</b> 10:30-11:30 am	<b>STRENGTHEN &amp; LENGTHEN</b> 10:30-11:30 am
<b>ZUMBA</b> 10:00-11:00 am	<b>SR. SHAPE UP</b> 11:15 am-12:15 pm	<b>STRETCH &amp; TONE</b> 10:30-11:30 am	* <b>TAI CHI</b> 10:45-11:45 am	<b>STRETCH &amp; TONE</b> 10:30-11:30 am		
	<b>Y-SERCISE</b> 6:00-7:00 pm	<b>TOTAL BODY WORKOUT</b> 5:00-5:45 pm	<b>SPIN</b> 6:00-7:00 pm	<b>EVENING YOGA</b> 5:0300-6:45 pm		
	** <b>SPIN &amp; SCULPT</b> 6:00-7:00 pm	<b>ZUMBA</b> 6:00-7:00 pm	<b>Y-SERCISE</b> 6:00-7:00 pm			
			* <b>YOGA FLOW</b> 6:30-7:30 pm			

\* Classes are virtual \*\* Classes are in person only.  
 All classes are offered in person and virtual unless noted.