

# OUTDOOR/VIRTUAL\* Group Fitness Classes

## SCHEDULE

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

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