



Group Fitness Classes Schedule

INDOOR | **VIRTUAL**

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|--|--|--|---|--|---|--|
| SPIN 8:00-9:00am <i>Instructor: Jodi</i> | MORNING YOGA 8:30-9:45am <i>Instructor: Nav</i> | TRIATHLON TRAINING 6:00-7:15am <i>Instructor: Dawn</i> | MORNING YOGA 8:30-9:45am <i>Instructor: Nav</i> | MORNING YOGA 8:00-9:00am <i>Instructor: Janice</i> | HATHA YOGA 8:00-9:15am <i>Instructor: Michelle</i> | HIIT 8:00-8:45am <i>Instructor: Dawn</i> |
| CORE & MORE 9:15-10:15am <i>Instructor: Jodi</i> | SPIN N' SCULPT 9:00-9:45am <i>Instructor: Dawn</i> | GENTLE YOGA 8:15-9:15am <i>Instructor: Nav</i> | ZUMBA 10:30-11:30am <i>Instructor: Laura</i> | 45 SPIN, 15 ABS 9:00-10:00am <i>Instructor: Dawn</i> | SPIN N' SCULPT 8:00-9:00am <i>Instructor: Jodi</i> | SPIN 9:00-10:00am <i>Instructor: Dawn</i> |
| ZUMBA 10:00-11:00am <i>Instructor: Laura</i> | Y-SERCISE 9:45-10:45am <i>Instructor: Laura</i> | 30 SPIN, 30 SCULPT 9:30-10:30am <i>Instructor: Dawn</i> | TAI CHI FOR BALANCE 11:00am 12:00pm <i>Instructor: Mindy</i> | SR. SHAPE UP 9:15-10:15am <i>Instructor: Laura</i> | BARRE 10:30-11:30am <i>Instructor: Laura</i> | |
| HATHA YOGA 10:45am-12:00 pm <i>Instructor: Michelle</i> | SR. SHAPE UP 11:00am-12:00pm <i>Instructor: Laura</i> | STRETCH & TONE 10:30-11:30am <i>Instructor: Laura</i> | TAI CHI 10:45-11:45am <i>Instructor: Regina</i> | WATER AEROBICS 10:15-11:00am <i>Instructor: Dawn</i> | SIT-N-FIT 11:00am-12:00pm <i>Instructor: Jason</i> | |
| | Y-SERCISE 6:00-7:00pm <i>Instructor: Laura</i> | 30 SPIN EXPRESS 5:30-6:00pm <i>Instructor: Jen</i> | 30 SPIN, 15 ABS 4:30-5:15pm <i>Instructor: Dawn</i> | STRETCH & TONE 10:30-11:30am <i>Instructor: Laura</i> | | |
| | SPIN 6:00-7:00pm <i>Instructor: Jodi</i> | TOTAL BODY WORKOUT 6:00-6:45pm <i>Instructor: Dawn</i> | SPIN 6:00-7:00pm <i>Instructor: Jodi</i> | CHAIR YOGA 11:00am-12:00pm <i>Instructor: Diana</i> | | |
| | BARRE 7:00-8:00pm <i>Instructor: Laura</i> | ZUMBA 6:00-7:00pm <i>Instructor: Laura</i> | Y-SERCISE 6:00-7:00pm <i>Instructor: Laura</i> | ZUMBA 6:00-7:00pm <i>Instructor: Laura</i> | | |
| | | | HATHA YOGA 6:30-7:30pm <i>Instructor: Michelle</i> | | | |
| | | | BARRE 7:00-8:00pm <i>Instructor: Laura</i> | | | |
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* Classes are Indoors. * Virtual option offered.