

# Group Fitness Classes SCHEDULE INDOOR | VIRTUAL

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>SPIN</b> 8:00-9:00am <i>Instructor: Jodi</i>	<b>MORNING YOGA</b> 8:00 - 9:15am <i>Instructor: Nav</i>	<b>TRIATHLON TRAINING</b> 6:00-7:30am <i>Instructor: Dawn</i>	<b>SPIN</b> 7:15 - 8:00am <i>Instructor: Anna</i>	<b>MORNING YOGA</b> 8:00-9:00am <i>Instructor: Janice</i>	<b>SPIN N' SCULPT</b> 7:00 - 8:00am <i>Instructor: Jodi</i>	<b>HIIT</b> 8:00-8:45am <i>Instructor: Dawn</i>
<b>CORE &amp; MORE</b> 9:15-10:15am <i>Instructor: Jodi</i>	<b>SPIN N' SCULPT</b> 9:00-9:45am <i>Instructor: Dawn</i>	<b>GENTLE YOGA</b> 8:15-9:15am <i>Instructor: Nav</i>	<b>TRX</b> 9:00 - 9:45 <i>Instructor: Jeannie</i>	<b>45 SPIN, 15 ABS</b> 8:00-9:00am <i>Instructor: Dawn</i>	<b>TRX</b> 8:00 - 8:45am <i>Instructor: Dawn</i>	<b>SPIN</b> 9:00-10:00am <i>Instructor: Dawn</i>
<b>ZUMBA</b> 10:00-11:00am <i>Instructor: Laura</i>	<b>Y's Way to Fitness</b> 9:45-10:45am <i>Instructor: Laura</i>	<b>30 Spin, 30 Sculpt</b> 9:00 - 10:00 <i>Instructor: Jeannie</i>	<b>HATHA YOGA</b> 8:15-9:15am <i>Instructor: Nav</i>	<b>WATER AEROBICS</b> 9:15 - 9:45am <i>Instructor: Dawn</i>	<b>TAI CHI</b> 10:00 -11:00am <i>Instructor: Regina</i>	<b>Parent &amp; Me Yoga</b> 10:00-10:45am <i>Instructor: Nav</i>
<b>HATHA YOGA</b> 10:15am-11:30am <i>Instructor: Michelle</i>	<b>SHAPE UP!</b> 11:00am-12:00pm <i>Instructor: Laura</i>	<b>STRETCH &amp; TONE</b> 10:30-11:30am <i>Instructor: Laura</i>	<b>AQUA ARTHRITIS</b> 9:00 - 9:45am <i>Instructor: Dawn</i>	<b>SHAPE UP!</b> 9:15-10:15am <i>Instructor: Laura</i>	<b>BARRE</b> 10:30-11:30am <i>Instructor: Laura</i>	
			<b>STRETCH &amp; TONE</b> 9:45 -10:30am <i>Instructor: Cindy</i>		<b>SIT-N-FIT</b> 11:00am-12:00pm <i>Instructor: Jason</i>	
			<b>TAI CHI FOR BALANCE</b> 11:00pm - 12:00pm <i>Instructor: Mindy</i>	<b>STRETCH &amp; TONE</b> 10:30-11:30am <i>Instructor: Laura</i>		
	<b>PILATES</b> 6:00-7:00pm <i>Instructor: Melissa</i>	<b>30 SPIN EXPRESS</b> 5:30-6:00pm <i>Instructor: Jen</i>	<b>ZUMBA</b> 10:30-11:30am <i>Instructor: Laura</i>	<b>CHAIR YOGA</b> 11:00am-12:00pm <i>Instructor: Diana</i>		
	<b>Y's Way to Fitness</b> 6:00-7:00pm <i>Instructor: Laura</i>	<b>TOTAL BODY WORKOUT</b> 6:15-7:00pm <i>Instructor: Jen</i>	<b>SPIN N' SCULPT</b> 6:00 Instructor: Jodi <b>Y's Way to Fitness</b> 6:00 Instructor: Laura			
	<b>SPIN</b> 6:00-7:00pm <i>Instructor: Jen</i>	<b>ZUMBA</b> 6:00-7:00pm <i>Instructor: Laura</i>	<b>HATHA YOGA</b> 6:30-7:45pm <i>Instructor: Michelle</i>	<b>ZUMBA</b> 6:00-7:00pm <i>Instructor: Laura</i>		
	<b>BARRE</b> 7:00-8:00pm <i>Instructor: Laura</i>		<b>BARRE</b> 7:00-8:00pm <i>Instructor: Laura</i>			

\* Classes are Indoors. \* Virtual option offered.