



# Group Fitness Schedule (Virtual & In-Club)

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>VIRTUAL CLASSES</b>	Core Jozlyn (DA) 8:30am	Bootcamp Jozlyn (DA) 10am	Glutes, Core & More Kelly (DA) 7am	PLYO - HIIT Jozlyn (DA) 9am	ABs & Arms Rachel (DA) 7am	Yoga Kelly (KY) 7am	Pump & Burn Kelly (DA) 8am
	Yin Yoga Kelly H (KY) 11:30am		Tighten & Tone Roni (DA) 9am	Bootcamp Jozlyn (DA) 10am	Tighten & Tone Roni (DA) 9am	Cardio & Stretch Nancy (CI) 8am	Zumba Jenah (DA) 9am
			Athlete Stretch Roni (DA) 10am	Beg   Int Yoga Nancy (CI) 11am	Athlete Stretch Roni (DA) 10am	Body Sculpt Nancy (CI) 9am	Bootcamp Jozlyn (DA) 10am
			Better Bodies Kelly (DA) 11am		Better Bodies Kelly (DA) 11am	Bootcamp Jozlyn (DA) 10am	
			Yoga Kelly (KY) 4pm		Zumba Tina (DA) 6pm		
<b>IN-CLUB CLASSES</b> Sign up required for ALL CLASSES at the Front Desk. Limited Space.		Cardio & Stretch Nancy S (CI) 8am	Yoga-Pilates Monica (CI) 8:30am	Cycle Nancy 9:30am	Yoga-Pilates Monica (CI) 8:30am	Body Pump David (CI) 9am	Cycle Jeanne/Christine 10am
		Aqua Aerobics Susan 8:30am	DANCE CARDIO David 10-11am	*Beg   Int Yoga Nancy (CI) 11am	*Barre Jill (CI) 9:45am	Pilates Fusion Stephanie (CI) 12pm	Body Sculpting Christine 8:45am
	<b>LIVE Streaming from Club</b>	*Pilates Fusion Stephanie (CI) 12pm	Aqua Aerobics Laurie 10:30am	Body Sculpt Stephanie 4:45pm	*Yoga Jill (CI) 10:30am		
	<b>AQUA CLASSES</b>	*Barre Stephanie (CI) 4pm			Aqua Aerobics Laurie 11am		
		*Yoga   Power Flow Jill G (CI) 5pm			Yoga Carol (CI) 7pm		
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