

VIRTUAL & IN PERSON GROUP EXERCISE



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY



VIRTUAL SCHEDULE

MONDAY

SPIN Scotti 5:45 am <i>CAP 12</i>
SPIN Jen 7:30 am
STRETCH Suzi 8:00 am
METCON Jackie 8:30 am
SENIOR WALKING CLUB Katie 9:00 am
YOGA Melissa 9:30 <i>CAP 12</i>
STRENGTH Suzi 9:30 am
SPIN Dave 5:30 pm <i>CAP 12</i>

TUESDAY

CORE & MORE Jen 7:30 am
BODY PUMP Tessa 9:00 am <i>CAP 12</i>
BOOT BELLY BURN Suzi 9:30 am
SENIOR STRONG Suzi 11:00 am
R.I.P.P.E.D Laura B 5:00 pm <i>CAP 12</i>
SPIN Suzi 5:30 pm

WEDNESDAY

METCON Jackie 7:30 am
CARDIO DANCE Sue B 9:30 am <i>CAP 12</i>
LIFT Jackie 9:30 am
PUMP Vicki 5:30 pm <i>CAP 12</i>

THURSDAY

STRETCH & RECOVERY Jackie 8:30 am
STEP & PILATES Mary 9:00 am <i>CAP 12</i>
BW CARDIO Suzi 9:30 am
SPIN Scotti 5:30 pm <i>CAP 12</i>

FRIDAY

YOGA Aubrey 9:00 am <i>CAP 12</i>
SPIN & STRENGTH Suzi 9:30 am
LIFT Terri 5:30 pm <i>CAP 12</i>

SATURDAY

CORE & MORE Jen 7:30 am
STRENGTH Suzi 8:00 am
COMBAT ~ Gym Tessa 8:00 am <i>CAP 24</i>
YOGA Terry 9:00 am <i>CAP 12</i>
SPIN Suzi 9:00 am
ZUMBA ~ Gym Vicki 9:30 am <i>CAP 24</i>
PUMP Vicki/Tessa 10:30 am <i>CAP 12</i>

SUNDAY

Spin Scotti 8:00 am <i>CAP 12</i>
YOGA ~ Gym Rebecca 9:00 am <i>CAP 24</i>

KEY:

FACEBOOK LIVE CLASS

IN PERSON CLASS