

Effective 9/28/21

Download & Sign Up for Classes
via the **FITLAB FITNESS CLUB APP**

Group Fitness Director: Colleen Wharton - colleengymfit2021@gmail.com

MONDAY

9:00 - 10:00

9:00 am
Boxing Bootcamp
(Group X Room & Zoom)
~ Colleen

TUESDAY

9:00 - 10:00

9:00 am
Cardio & Strength
(Group X Room & Zoom)
~ Jamie

WEDNESDAY

THURSDAY

9:00 - 10:00

9:00 am
Sculpt, Barre & Core
(Group X Room & Zoom)
~ Jamie

FRIDAY

9:00 - 10:00

9:00 am
Cardio & Strength
(Group X Room & Zoom)
~ Colleen

SATURDAY

9:00 - 10:00

9:00 am
Zumba
(Group X Room & Zoom)
~ Karen

SUNDAY

9:00 - 10:00

9:00 am
Reps & Sets
(Group X Room & Zoom)
~ Kellie/
Colleen

5:30 - 6:30

5:30 pm
Zumba
(Group X Room & Zoom)
~ Brittany

5:30 pm
Spinning
(Spinning Room & Zoom)
~ Eve

5:30 - 6:30

5:30 pm
Zumba
(Group X Room & Zoom)
~ Karen

5:45 - 6:45

5:45 pm
Yoga
(Group X Room & Zoom)
~ Roseanne

5:30 - 6:30

5:30 pm
Step & Strength
(Group X Room & Zoom)
~ Kelly

** Zoom Virtual Classes **

To attend a virtual class via Zoom:

Email: colleengymfit2021@gmail.com to receive Zoom links for all classes.



Join us on FaceBook: [FitLab Group Fitness](#)

Winter Policy:

Morning Classes: No School or a Delay = No morning classes.

Evening Classes: Cancellations due to inclement weather will be posted on the "FITLAB Fitness Club - Group X" or you may call the gym.