

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

**Group Fitness Director:** Colleen Wharton - colleengymfit@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  
**Sculpt, Barre & Core**  
(Group X Room & Zoom)  
~ Jamie

**WEDNESDAY**

9:00 - 10:00

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

**THURSDAY**

9:00 - 10:00

9:00 am  
**Reps & Sets**  
(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**

5:30 - 6:45

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

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

5:45 pm  
**Spinning**  
(Spinning Room & Zoom)  
~ Eve

**\*\* Zoom Virtual Classes \*\***

**To attend a virtual class via Zoom:**

**Email: [colleengymfit@gmail.com](mailto:colleengymfit@gmail.com) to subscribe to the email list for the daily Zoom links.**

**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.