

**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
Cardio Kickboxing
(Group X Room & Zoom)
~ Karen

TUESDAY

9:00 - 10:00

9:00 am
Reps & Sets
(Group X Room & Zoom)
~ Jamie

WEDNESDAY

9:00 - 10:00

9:00 am
Cardio Fusion
(Group X Room & Zoom)
~ Tina

THURSDAY

9:00 - 10:00

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

FRIDAY

9:00 - 10:00

9:00 am
Yoga
(Group X Room & Zoom)
~ Charlotte

SATURDAY

9:00 - 10:30

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

10:00 am
Fab Abs
(Group X Room & Zoom)
~ Karen

SUNDAY

9:00 - 10:00

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

4:30 - 5:30

4:30 pm
Spinning
(Spinning Room)
~ Eve

5:30 - 6:30

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

6:00 - 7:00

6:00 pm
Yoga
(Group X Room & Zoom)
~ Rose

5:30 - 6:45

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

5:45 pm
Spinning
(Spinning Room)
~ Tara

**** Zoom Virtual Classes ****

To attend a virtual class via Zoom:

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

**Follow us on
Social Media:**



[fitlab_groupfitness](#)



[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 Group Fitness Facebook page or you may call the club.

DAYCARE HOURS AVAILABLE

Monday - Saturday 8am - Noon
Monday, Tuesday & Wednesday 4:30pm - 7:30pm