

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

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

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY

8:00 - 9:00

8:00 am
Spinning
(Group X Room)
~ **Melissa**

5:45 - 6:45

5:45 pm
Spinning
(Group X Room)
~ **Melissa**

6:00 - 7:00

6:00 pm
Reps & Sets
(Group X Room & Zoom)
~ **Michelle S**

6:00 - 7:00

6:00 pm
Sculpt, Barre & Core
(Group X Room & Zoom)
~ **Michelle S**

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