

**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**

9:00 - 10:00

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

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  
**Yoga**  
(Group X Room & Zoom)  
~ **Jenn**

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](mailto: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.