

**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 & Strength
(Group X Room & Zoom)
~ Beth

TUESDAY

9:00 - 10:00

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

WEDNESDAY

9:00 - 10:00

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

THURSDAY

9:00 - 10:00

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

FRIDAY

9:00 - 10:00

9:00 am
Spinning
(Group X Room)
~ Tara

SATURDAY

9:00 - 10:00

9:00 am
Spinning
(Group X Room)
~ Melissa

SUNDAY

4:30 - 6:45

4:30 pm
Yoga
(Group X Room & Zoom)
~ Janice

6:00 - 7:00

6:00 pm
Cardio & Strength
(Group X Room & Zoom)
~ Melissa

6:00 - 7:00

6:00 pm
Spinning
(Group X Room)
~ Melissa

6:00 - 7:00

6:00 pm
Cardio Fusion
(Group X Room & Zoom)
~ Mark

5:45 pm - 6:45 pm
Zumba
(Group X Room & Zoom)
~ Kellie

**** 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.

DAYCARE HOURS AVAILABLE

Tuesday, Thursday and Saturday
Tuesdays and Thursdays

8:30am - 11:00am
6:00pm - 7:00pm