

**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
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 & Zoom)
~ **Mark**

SATURDAY

9:00 - 10:00

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

SUNDAY

4:30 - 6:45

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

5:45 - 6:45

5:45 pm
Cardio & Strength
(Group X Room & Zoom)
~ **Melissa**

5:45 - 6:45

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

5:45 - 6:45

5:45 pm
Boxing Bootcamp
(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: 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.