

**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 Fusion**  
(Group X Room & Zoom)  
~ Colleen

**TUESDAY**

9:00 - 10:00

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

**WEDNESDAY**

6:15 - 11:15

6:15 am  
**Spinning**  
(Spinning Room)  
~ Jodi

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

10:15 am  
**Yoga**  
(Group X Room & Zoom)  
~ Crystal

**THURSDAY**

9:00 - 10:00

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

**FRIDAY**

9:00 - 10:00

9:00 am  
**Step**  
(Group X Room & Zoom)  
~ Michelle/Colleen

**SATURDAY**

9:00 - 10:00

9:00 am  
**Spinning**  
(Spinning Room)  
~ Melissa

**SUNDAY**

4:30 - 6:45

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

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

6:00 - 7:00

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

5:45 - 6:45

5:45 pm  
**Muscle Conditioning**  
(Group X Room & Zoom)  
~ Michelle/Colleen

6:00 - 7:00

6:00 pm  
**Boxing Bootcamp**  
(Group X Room & Zoom)  
~ Mark

**\*\* 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.

**DAYCARE HOURS AVAILABLE**

Monday - Thursday

8:45am - 11:00am