

**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
<p>9:00 - 10:00</p> <p>9:00 am Cardio Fusion (Group X Room) ~ Colleen</p>	<p>9:00 - 10:00</p> <p>9:00 am Reps & Sets (Group X Room) ~ Michelle</p>	<p>6:15 - 11:15</p> <p>6:15 am Spinning (Spinning Room) ~ Jodi</p> <hr/> <p>9:00 am Cardio & Strength (Group X Room) ~ Colleen</p> <hr/> <p>10:15 am Yoga (Group X Room) ~ Crystal</p>	<p>9:00 - 10:00</p> <p>9:00 am Sculpt, Barre & Core (Group X Room) ~ Michelle</p>	<p>9:00 - 10:00</p> <p>9:00 am Step (Group X Room) ~ Michelle/Colleen</p>	<p>9:00 - 10:00</p> <p>9:00 am Spinning (Spinning Room) ~ Melissa</p>	
<p>4:30 - 6:45</p> <p>4:30 pm Yoga (Group X Room) ~ Janice</p>	<p>6:00 - 7:00</p> <p>6:00 pm Cardio & Strength (Group X Room) ~ Melissa</p>	<p>5:45 - 6:45</p> <p>5:45 pm Muscle Conditioning (Group X Room) ~ Michelle/Colleen</p>	<p>6:00 - 7:00</p> <p>6:00 pm Boxing Bootcamp (Group X Room) ~ Mark</p>			
<p>5:45 pm - 6:45 pm</p> <p>Zumba (Group X Room) ~ Tina</p>						

DAYCARE HOURS AVAILABLE

Monday - Thursday

8:45am - 11:00am

**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.