

**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**  
(Spinning Room)  
~ Tara

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

**SATURDAY**

9:00 - 10:00

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

9:00 am  
**WERQ Dance Fitness**  
(Group X Room)  
~ Michelle S

**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)  
~ Kellie

6:00 - 7:00

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

6:15 - 7:00

6:15 pm  
**Mobility & Foam Rolling**  
(Group X Room & Zoom)  
~ Nick

6:00 - 7:00

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

**\*\* 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.



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**

Monday - Thursday & Saturday

8:45am - 11:00am