

**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

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
Cardio Fusion
(Group X Room & Zoom)
~ **Mark**

**** Zoom Virtual Classes ****

To attend a virtual class via Zoom:

Email: 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