

**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  
**Spinning**  
(Group X Room & Zoom)  
~ **Melissa**

**TUESDAY**

9:00 - 10:00

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

**WEDNESDAY**

9:00 - 10:00

**THURSDAY**

9:00 - 10:00

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

**FRIDAY**

9:00 - 10:00

9:00 am  
**Cardio Kickboxing**  
(Boxing Room)  
~ **Bryan**

**SATURDAY**

9:00 - 10:00

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

**SUNDAY**

5:00 - 7:00

5:00 pm  
**Yoga**  
(Group X Room & Zoom)  
~ **Rose**

6:00 pm  
**Cardio Kickboxing**  
(Boxing Room)  
~ **Bryan**

5:45 - 6:45

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

6:00 - 7:00

6:00 pm  
**Cardio Kickboxing**  
(Boxing Room)  
~ **Bryan**

5:45 - 6:45

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

**\*\* 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, Wednesday, Friday

8:30am - 11:30am