

**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)
~ **Melissa**

TUESDAY

9:00 - 10:00

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

WEDNESDAY

THURSDAY

9:00 - 10:00

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

FRIDAY

9:00 - 11:00

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

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)
~ **Sarah**

6:00 pm
Spinning
(Group X Room)
~ **Melissa**

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

6:00 - 7:00

6:00 pm
Black-Out Bootcamp
(Group X Room)
~ **Bryan**

6:00 - 7:00

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

5:45 - 6:45

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

6:00 - 7:00

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

**** 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 - Saturday
Monday & Wednesday

8:30am - 11:00am
4:30pm - 7:30pm