

**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 Fusion
(Group X Room)
~ **Martine**

TUESDAY

9:00 - 10:00

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

WEDNESDAY

9:00 - 11:15

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

10:15 am
Yoga
(Group X Room)
~ **Crystal**

THURSDAY

9:00 - 10:00

9:00 am
Sculpt, Barre & Core
(Group X Room)
~ **Martine / Nicole**

FRIDAY

9:00 - 10:00

9:00 am
Step
(Group X Room)
~ **Colleen**

SATURDAY

9:00 - 10:00

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

9:00 am
Yoga
(Group X Room)
~ **Rose**

SUNDAY

4:30 - 6:45

4:30 pm
Yoga
(Group X Room)
~ **Janice**

5:45 pm
Zumba
(Group X Room)
~ **Diane**

5:30 - 6:30

5:30 pm
Cardio & Strength
(Group X Room)
~ **Colleen**

5:30 - 6:30

5:30 pm
Muscle Conditioning
(Group X Room)
~ **Stacey**

5:45 - 6:45

5:45 pm
Boxing Bootcamp
(Group X Room)
~ **Mark**

5:30 - 6:30

5:30 pm
Yoga
(Group X Room)
~ **Rose**

**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.