

**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)  
~ **Mark**

**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)  
~ **Colleen**

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

5:30 - 6:30

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

4:30 - 6:45

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

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.