

**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)
~ Colleen

4:30 - 6:45

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

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

TUESDAY

9:00 - 10:00

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

5:30 - 6:30

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

WEDNESDAY

9:00 - 11:15

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

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

5:30 - 6:30

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

THURSDAY

9:00 - 10:00

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

5:30 - 6:30

5:30 pm
Boxing Bootcamp
(Group X Room)
~ Tina

FRIDAY

9:00 - 10:00

9:00 am
Step
(Spinning Room)
~ Colleen

9:00 am
Muscle Conditioning
(Group X Room)
~ Nicole

SATURDAY

9:00 - 10:00

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

9:00 am
Spinning
(Spinning Room)
~ Pat

SUNDAY

**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.

Effective 11/10/25