

**Download & Sign Up for Classes
via the FITLAB FITNESS CLUB APP**

Group Fitness Director: Colleen Wharton - colleengymfit2021@gmail.com

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<p>9:00 - 10:00</p> <p>9:00 am Step & Strength (Group X Room) ~ Colleen</p>	<p>9:00 - 10:00</p> <p>9:00 am Cardio Kickboxing (Group X Room) ~ Martina</p>	<p>9:00 - 10:00</p> <p>9:00 am Reps & Sets (Group X Room) ~ Colleen</p>	<p>9:00 - 10:00</p> <p>9:00 am Cardio & Strength (Group X Room) ~ Colleen</p>	<p>9:00 - 10:00</p> <p>9:00 am Muscle Conditioning (Group X Room) ~ Nicole</p>	<p>9:00 - 10:00</p> <p>9:00 am Reps & Sets (Group X Room) ~ Colleen</p>	
<p>5:00 - 7:00</p> <p>5:00 pm Yoga (Group X Room) ~ Sarah</p> <p>6:00 pm HiiT/Interval Training (Group X Room) ~ Kevin</p>	<p>5:45 - 6:45</p> <p>5:45 pm Spinning (Group X Room) ~ Jodi</p>	<p>5:00 - 7:00</p> <p>5:00 pm Reps & Sets (Group X Room) ~ Martina</p> <p>6:00 pm Boxing Bootcamp (Boxing Room) ~ Jesse</p>	<p>5:45 - 6:45</p> <p>5:45 pm Spinning (Group X Room) ~ Pat</p>	<p>5:30 - 7:00</p> <p>5:30 pm Zumba (Boxing Room) ~ Karen</p> <p>6:00 pm Boxing Bootcamp (Boxing Room) ~ Jesse</p>		

DAYCARE HOURS AVAILABLE

Monday - Saturday 8:30am - 11:00am
Monday - Wednesday 4:30pm - 7:30pm

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 5/1/25