

**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
Step & Strength
(Group X Room)
~ Colleen

TUESDAY

WEDNESDAY

9:00 - 10:00

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

THURSDAY

FRIDAY

9:00 - 10:00

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

SATURDAY

9:00 - 10:00

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

SUNDAY

10:00 - 11:00

10:00 am
Yoga
(Group X Room)
~ Rose

5:00 - 7:00

5:00 pm
Yoga
(Group X Room)
~ Sarah

6:00 pm
Boxing Bootcamp
(Boxing Room)
~ Jesse

5:45 - 6:45

5:45 pm
Cardio Kickboxing
(Group X Room)
~ Martina

6:00 - 7:00

6:00 pm
Boxing Bootcamp
(Boxing Room)
~ Jesse

5:45 - 6:45

5:45 pm
Spinning
(Group X Room)
~ Pat

6:00 - 7:00

6:00 pm
Boxing Bootcamp
(Boxing Room)
~ Jesse

DAYCARE HOURS AVAILABLE

Monday - Saturday
Monday - Wednesday

8:30am - 11:00am
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 10/5/25