

**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**



**RAMP is the first ever fitness program that guarantees results in 30 minutes. Talk to a trainer to learn why the RAMP system is for you.**

**9:00 - 10:00**

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

**10:00 - 11:00**

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

**6:00 - 7:00**

**6:00 pm  
HiiT/Interval  
Training**  
(Group X Room)  
~ Kevin

**5:00 - 7:00**

**5:00 pm  
Yoga**  
(Group X Room)  
~ Rose

**6:00 pm  
Cardio Kickboxing**  
(Group X Room)  
~ Martina

**5:00 - 7:00**

**5:00 pm  
HiiT/Interval Training**  
(Group X Room)  
~ Kevin

**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

**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 12/1/25

**DAYCARE HOURS AVAILABLE**

**Monday - Saturday**

**8:30am - 11:00am**

**Monday - Wednesday**

**4:30pm - 7:30pm**