

**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

9:00 - 10:00

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

## 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

5:00 - 7:00

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

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

6:00 - 7:00

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

5:45 - 6:45

5:45 pm  
**Spinning**  
(Group X Room)  
~ Martina

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 7/14/25