

**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><b>9:00 - 10:00</b></p> <p>9:00 am <b>Step &amp; Strength</b> (Group X Room) ~ Colleen</p>	<p><b>9:00 - 10:00</b></p> <p>9:00 am <b>Cardio Kickboxing</b> (Group X Room) ~ Martina</p>	<p><b>9:00 - 10:00</b></p> <p>9:00 am <b>Reps &amp; Sets</b> (Group X Room) ~ Martine</p>	<p><b>9:00 - 10:00</b></p> <p>9:00 am <b>Cardio Fusion</b> (Group X Room) ~ Colleen</p>	<p><b>9:00 - 10:00</b></p> <p>9:00 am <b>Muscle Conditioning</b> (Group X Room) ~ Nicole</p>	<p><b>9:00 - 10:00</b></p> <p>9:00 am <b>Reps &amp; Sets</b> (Group X Room) ~ Colleen</p>	
<p><b>5:00 - 7:00</b></p> <p>5:00 pm <b>Yoga</b> (Group X Room) ~ Sarah</p> <p>6:00 pm <b>HiiT/Interval Training</b> (Group X Room) ~ Kevin</p>	<p><b>5:45 - 6:45</b></p> <p>5:45 pm <b>Spinning</b> (Group X Room) ~ Jodi</p>	<p><b>5:00 - 7:00</b></p> <p>5:00 pm <b>Reps &amp; Sets</b> (Group X Room) ~ Martina</p> <p>6:00 pm <b>Boxing Bootcamp</b> (Boxing Room) ~ Jesse</p> <p>6:15 pm <b>Spinning</b> (Group X Room) ~ Martina</p>	<p><b>5:45 - 6:45</b></p> <p>5:45 pm <b>Spinning</b> (Group X Room) ~ Pat</p>	<p><b>5:30 - 7:00</b></p> <p>5:30 pm <b>Zumba</b> (Boxing Room) ~ Karen</p> <p>6:00 pm <b>Boxing Bootcamp</b> (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 3/3/25