

**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**

5:00 - 7:00

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

**6:00 pm
Hiit/Circuit Training
(Boxing Room)
~ Arianna**

5:45 - 7:00

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

**6:00 pm
Booty Bootcamp
(Boxing Room)
~ Arianna**

6:00 - 7:00

**6:00 pm
Hiit/Circuit Training
(Boxing Room)
~ Arianna**

5:45 - 6:45

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

**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.

DAYCARE HOURS AVAILABLE

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