

**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

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

**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 11/17/25

DAYCARE HOURS AVAILABLE

Monday - Saturday

8:30am - 11:00am

Monday - Wednesday

4:30pm - 7:30pm