

**IN-STUDIO & LIVE VIRTUAL\* GROUP FITNESS SCHEDULE: AS OF OCTOBER 12, 2021**

Time/Day	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
7:00		<b>Cardio &amp; Strength</b> 7:00 - 8:00am	<b>Spin</b> (All Levels) (In-Studio Only) 7:00 - 8:00am		<b>Bootcamp</b> 7:00 - 8:00am		
7:30							
8:00						<b>Spin</b> (All Levels) (In-Studio Only) 8:00 - 9:00am	
8:30	<b>Circuit 55+</b> 8:30 - 9:00am			<b>Circuit 55+</b> 8:30 - 9:00am			
9:00	<b>HIIT: High Intensity Interval Training</b> 9:15 - 10:15am	<b>ZUMBA®</b> 9:15 - 10:15am	<b>Total Body Challenge</b> 9:15 - 10:15am	<b>Step &amp; Strength</b> 9:15 - 10:15am	<b>Instructor's Choice</b> (All Levels) 9:15 - 10:15am	<b>Total Body Challenge</b> 9:00 - 10:00am	
9:30							
10:00							
10:30							
11:00							
11:30							
12:00							
6:00	<b>Fine Toning</b> 6:00 - 7:00pm	<b>Bootcamp</b> 6:00 - 7:00pm	<b>Strength Training</b> 6:00 - 7:00pm	<b>HIIT: High Intensity Interval Training</b> 6:00 - 7:00pm			
6:30							
7:00							
7:30							
8:00							

\*All classes available in-person and virtually, unless noted.  
 Due to capacity restrictions members must register for classes online.  
 Schedules subject to change without notice.  
 Participants must sign in 10 minutes before the class starts.  
 All participants are strongly encouraged to bring their own mats.