

LIVE VIRTUAL GROUP FITNESS SCHEDULE: AS OF JANUARY 5, 2022

Time/Day	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
7:00							
7:30							
8:00		Body Blast 8:00 - 8:30am		Body Blast 8:00 - 8:30am			
8:30	Circuit 55+ 8:30 - 9:00am			Circuit 55+ 8:30 - 9:00am			
9:00	HIIT: High Intensity Interval Training 9:15 - 10:15am	ZUMBA® 9:15 - 10:15am	Total Body Challenge 9:15 - 10:15am	BLT + Abs 9:15 - 10:15am	Instructor's Choice (All Levels) 9:15 - 10:15am	Total Body Challenge 9:00 - 10:00am	
9:30							
10:00							
10:30							
11:00							
11:30							
12:00							
6:00	Fine Toning 6:00 - 7:00pm	Bootcamp 6:00 - 7:00pm	Strength Training 6:00 - 7:00pm	HIIT: High Intensity Interval Training 6:00 - 7:00pm			
6:30							
7:00							
7:30							
8:00							

*All classes available virtually.
Schedules subject to change without notice.
Participants must sign in 10 minutes before the class starts.