

Group Exercise Class Schedule

	Monday	Tuesday	Wednesday	Thursday	Friday
6am		Strength Training Kaitlyn		Strength Training Kaitlyn	
8am		Yoga/Ellen On-site & Zoom	Yoga/Matt On-site & Zoom	Yoga/Ellen On-site & Zoom	Yoga/Matt On-site & Zoom
8:30am		Bootcamp (paid program)		Bootcamp (paid program)	
9am	Spin Kaitlyn		Cardio Blast Kaitlyn		Circuit Training Al
9am	H.I.I.T Circuit Mark	Forever Fit Zoom Paid Program	H.I.I.T Circuit Mark	Forever Fit Zoom (paid program)	
10am		Functional Balance (paid program)		Functional Balance (paid program)	
10:30am	Chair Yoga On-site & Zoom				
11am					
12pm	Yoga/Ellen 11:30 On-site & Zoom	Spin & Sculpt Lisa	Adaptive P.E.	Spin & Sculpt Lisa	Adaptive P.E.
4:30pm		Fit Challenge Brian		Fit Challenge Brian	
5:30pm	Yoga/Blythe On-site & Zoom	Yoga/Ellen On-site & Zoom			
6:15pm					
6:30pm					

ON GOOD DAYS,
 WORK OUT.
 ON BAD DAYS,
 WORK OUT
 HARDER.



“COMMIT
 TO BE
 FIT.”

*updated March 1st 2021