



Group Exercise Classes 10/9-12/3

Each class will be held in an 8-week session format.
 Participants must register for each individual class.

Elite & FitCombo Members - \$0

Member - \$40 per class Non-Member - \$50 per class

***NO CLASSES ON THU, NOV 23**

***NEXT AVAILABLE SIGN-UP DATE: NOV 21**

CLASS:	ACTIVITY #:	INSTRUCTOR:	DAY:	DATES:	LOCATION:	CLASS TIME:
Boot Camp	251124-2A	Tracey Z.	Mon	10/9-11/27	Room 301	5:45-6:35A
Virtual Boot Camp	251124-2AVR	Tracey Z.	Mon	10/9-11/27	Virtual	5:45-6:35A
Anything Goes	251114-2A	Vicki	Mon	10/9-11/27	Room 301	9:00-9:50A
Virtual Hatha Yoga	251323-2AVR	Terry	Mon	10/9-11/27	Virtual	10:00-10:50A
Boot Camp	251144-2A	Janet	Mon	10/9-11/27	Room 301	5:00-5:50P
Virtual Boot Camp	251144-2AVR	Janet	Mon	10/9-11/27	Virtual	5:00-5:50P
TRX	251118-2A	Nick	Mon	10/9-11/27	WCB Act.	6:00-6:50P
Gentle Yoga	251070-2A	Karen	Mon	10/9-11/27	Room 301	7:00-7:50P
FitCycle	251461-2A	Melanie	Tue	10/10-11/28	Room 201	8:00-8:50A
Fabucore	251023-2A	Lesley	Tue	10/10-11/28	Room 301	9:00-9:50A
Virtual Fabucore	251023-2AVR	Lesley	Tue	10/10-11/28	Virtual	9:00-9:50A
Gentle Cardio Dance	251117-2A	Laurel	Tue	10/10-11/28	Room 301	10:00-10:50A
HIIT	251115-2A	Nora	Tue	10/10-11/28	Room 301	5:15-6:05P
Virtual HIIT	251115-2AVR	Nora	Tue	10/10-11/28	Virtual	5:15-6:05P
Weighted Interval Training	251006-2A	Nora	Tue	10/10-11/28	Room 301	6:15-7:05P
Boot Camp	251126-2A	Tracey Z.	Wed	10/11-11/29	Room 301	5:45-6:35A
Virtual Boot Camp	251126-2AVR	Tracey Z.	Wed	10/11-11/29	Virtual	5:45-6:35A
Total Body Conditioning	251127-2A	Vicki	Wed	10/11-11/29	Room 301	9:00-9:50A
Yoga	251128-2A	Karen	Wed	10/11-11/29	Room 301	10:00-10:50A
Fabucore	251129-2A	Lesley	Wed	10/11-11/29	Room 301	5:00-5:50P
Virtual Fabucore	251129-2AVR	Lesley	Wed	10/11-11/29	Virtual	5:00-5:50P
Guns & Abs	251021-2A	Janet	Wed	10/11-11/29	Room 301	6:00-6:50P
Virtual Guns & Abs	251021-2AVR	Janet	Wed	10/11-11/29	Virtual	6:00-6:50P
Virtual Hatha Yoga	251145-2AVR	Terry	Wed	10/11-11/29	Virtual	7:00-7:50P
Strictly Strength	251132-2A	Janet	Thu	10/12-11/30	Room 301	9:00-9:50A
Virtual Strictly Strength	251132-2AVR	Janet	Thu	10/12-11/30	Virtual	9:00-9:50A
Power Hour Cardio	251139-2A	Nora	Thu	10/12-11/30	Room 301	5:15-6:05P
Virtual Power Hour Cardio	251139-2AVR	Nora	Thu	10/12-11/30	Virtual	5:15-6:05P
Barre	251133-2A	Nora	Thu	10/12-11/30	Room 301	6:15-7:05P
Boot Camp	251134-2A	Tracey Z.	Fri	10/13-12/1	Room 301	5:45-6:35A
Body Sculptor	251130-2A	Janet	Fri	10/13-12/1	Room 301	9:00-9:50A
Yoga	251136-2A	Karen	Fri	10/13-12/1	Room 301	10:00-10:50A
Lunchtime Boot Camp	251137-2A	Nora	Fri	10/13-12/1	Room 301	12:15-1:05P
Virtual Lunchtime Boot Camp	251137-2AVR	Nora	Fri	10/13-12/1	Virtual	12:15-1:05P
Cycling	251146-2A	Nora/Melanie	Sat	10/14-12/2	Room 201	8:00-8:50A
Virtual Hatha Yoga	251140-2AVR	Terry	Sun	10/15-12/3	Virtual	9:00-9:50A

*Classes that do not meet minimum participation will be cancelled for the entire 8-week session.