

GROUP FITNESS IN PERSON/VIRTUAL SCHEDULE EFFECTIVE NOVEMBER 24, 2020

MONDAY:	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	5:45-6:30am FIIT Mix Val		5:45-6:30am FIIT Mix Val			7:30-8:15 HIIT FIT Deannamarie
8:45-9:30am Spin Ilona	8:30-9:15am Yoga Ed		8:30-9:15am Yoga Deborah	8:45-9:30am Spin Patti M	8-8:45am The Ryde Phil	8:30-9:15am Yoga Deborah
9:45-10:30 Body Burn Bootcamp Ilona	9:30-10:45am Zumba/Zumba Toning Val	9:9:45am Spin Patti M	9:30-10:15am Zumba Esther	9:45-10:30am Kickstart Patti M	8-8:30am Extreme Bootcamp Val	9:45-10:30am Spin Ilona
		10-10:45am Power Pump Patti M	10:30-11:15am Power Pump Patti	10:45-11:30am Power Pump Patti M	8:45-9:30am Zumba Val	
					10-10:45am Yoga Nick	
5-5:45pm Bottom's Up Val		5-5:45pm Body Burn Sheila		<p>-->Social distancing MUST be maintained at all times. Clear markings are in place to prevent confusion.</p> <p>-->Masks MUST be worn AT ALL TIMES in accordance with state and local mandates.</p> <p>-->Members must provide their own mats until further notice.</p> <p>-->Time has been allotted between classes for sanitizing equipment, however, we continue to ask that members PLEASE wipe down their equipment before AND after use.</p> <p>CLASSES ARE SUBJECT TO CHANGE WITHOUT NOTICE! PLEASE CHECK WITH OUR WEBSITE AND SOCIAL MEDIA PAGES DAILY FOR ANY UPDATES/CHANGES</p>		
6-6:45pm Zumba Val		6-6:45pm Booty Barre Lloyd	6-6:45 Zumba Clascy			
7-7:45pm Yoga Deborah	7-7:45pm Spin Phil	7-7:45pm Yoga Lloyd	7-7:45pm Spin Phil			

**edited SUN 11-29-2020

