



Group Exercise Classes 8/15-10/9

**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 MONDAY, SEPT. 5**

CLASS:	ACTIVITY #:	INSTRUCTOR:	DAY:	DATES:	LOCATION:	CLASS TIME:
Boot Camp	151124-3A	Tracey Z.	Mon	8/15-10/3	Room 301	5:45-6:35A
Virtual Boot Camp	151124-3AVR	Tracey Z.	Mon	8/15-10/3	Virtual	5:45-6:35A
Anything Goes	151114-4A	Vicki	Mon	8/15-10/3	Room 301	9:00-9:50A
Virtual Anything Goes	151114-4AVR	Vicki	Mon	8/15-10/3	Virtual	9:00-9:50A
Hatha Yoga	151323-3A	Terry	Mon	8/15-10/3	Room 301	10:00-10:50A
Virtual Hatha Yoga	151323-3AVR	Terry	Mon	8/15-10/3	Virtual	10:00-10:50A
Boot Camp	151144-3A	Janet	Mon	8/15-10/3	Room 301	5:00-5:50P
Virtual Boot Camp	151144-3AVR	Janet	Mon	8/15-10/3	Virtual	5:00-5:50P
TRX	151118-3A	Nick	Mon	8/15-10/3	WCB Act.	6:00-6:50P
Yoga	151070-3A	Karen	Mon	8/15-10/3	Room 301	7:00-7:50P
Fabucore	151023-4A	Lesley	Tue	8/16-10/4	Room 301	9:00-9:50A
Virtual Fabucore	151023-4AVR	Lesley	Tue	8/16-10/4	Virtual	9:00-9:50A
Gentle Cardio Dance	151117-3A	Laurel	Tue	8/16-10/4	Room 301	10:00-10:50A
HIIT	151115-3A	Nora	Tue	8/16-10/4	Room 301	5:15-6:05P
Virtual HIIT	151115-3AVR	Nora	Tue	8/16-10/4	Virtual	5:15-6:05P
Weighted Interval Training	151006-3A	Nora	Tue	8/16-10/4	Room 301	6:15-7:05P
Boot Camp	151126-3A	Tracey Z.	Wed	8/17-10/5	Room 301	5:45-6:35A
Virtual Boot Camp	151126-3AVR	Tracey Z.	Wed	8/17-10/5	Virtual	5:45-6:35A
Total Body Conditioning	151127-3A	Vicki	Wed	8/17-10/5	Room 301	9:00-9:50A
Virtual Total Body Conditioning	151127-3AVR	Vicki	Wed	8/17-10/5	Virtual	9:00-9:50A
Yoga	151128-3A	Karen	Wed	8/17-10/5	Room 301	10:00-10:50A
Fabucore	151129-3A	Lesley	Wed	8/17-10/5	Room 301	5:00-5:50P
Virtual Fabucore	151129-3AVR	Lesley	Wed	8/17-10/5	Virtual	5:00-5:50P
Guns & Abs	151021-4A	Janet	Wed	8/17-10/5	Room 301	6:00-6:50P
Virtual Guns & Abs	151021-3AVR	Janet	Wed	8/17-10/5	Virtual	6:00-6:50P
Virtual Hatha Yoga	151145-3AVR	Terry	Wed	8/17-10/5	Virtual	7:00-7:50P
Strictly Strength	151132-3A	Janet	Thu	8/18-10/6	Room 301	9:00-9:50A
Virtual Strictly Strength	151132-3AVR	Janet	Thu	8/18-10/6	Virtual	9:00-9:50A
Cardio Kickboxing	151139-3A	Nora	Thu	8/18-10/6	Room 301	5:15-6:05P
Virtual Cardio Kickboxing	151139-3AVR	Nora	Thu	8/18-10/6	Virtual	5:15-6:05P
Barre	151133-3A	Nora	Thu	8/18-10/6	Room 301	6:15-7:05P
Boot Camp	151134-3A	Tracey Z.	Fri	8/19-10/7	Room 301	5:45-6:35A
Virtual Boot Camp	151134-3AVR	Tracey Z.	Fri	8/19-10/7	Virtual	5:45-6:35A
Yoga	151136-3A	Karen	Fri	8/19-10/7	Room 301	10:00-10:50A
Boot Camp	151137-3A	Nora	Fri	8/19-10/7	Room 301	12:15-1:05P
Virtual Boot Camp	151137-3AVR	Nora	Fri	8/19-10/7	Virtual	12:15-1:05P
Cycling	151146-3A	Nora	Sat	8/20-10/8	Room 201	8:00-8:50A
Virtual Hatha Yoga	151140-3AVR	Terry	Sun	8/21-10/9	Virtual	9:00-9:50A

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