



Group Exercise Classes 2/27-4/23

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

CLASS:	ACTIVITY #:	INSTRUCTOR:	DAY:	DATES:	LOCATION:	CLASS TIME:
Boot Camp	351124-1C	Tracey Z.	Mon	2/27-4/17	Room 301	5:45-6:35A
Virtual Boot Camp	351124-1CVR	Tracey Z.	Mon	2/27-4/17	Virtual	5:45-6:35A
Anything Goes	351114-1C	Vicki	Mon	2/27-4/17	Room 301	9:00-9:50A
Virtual Anything Goes	351114-1CVR	Vicki	Mon	2/27-4/17	Virtual	9:00-9:50A
Virtual Hatha Yoga	351323-1CVR	Terry	Mon	2/27-4/17	Virtual	10:00-10:50A
Boot Camp	351144-1C	Janet	Mon	2/27-4/17	Room 301	5:00-5:50P
Virtual Boot Camp	351144-1CVR	Janet	Mon	2/27-4/17	Virtual	5:00-5:50P
TRX	351118-1C	Nick	Mon	2/27-4/17	WCB Act.	6:00-6:50P
Yoga	351070-1C	Karen	Mon	2/27-4/17	Room 301	7:00-7:50P
FitCycle	351461-1C	Melanie	Tue	2/28-4/18	Room 201	8:00-8:50A
Fabucore	351023-1C	Lesley	Tue	2/28-4/18	Room 301	9:00-9:50A
Virtual Fabucore	351023-1CVR	Lesley	Tue	2/28-4/18	Virtual	9:00-9:50A
Gentle Cardio Dance	351117-1C	Janet	Tue	2/28-4/18	Room 301	10:00-10:50A
HIIT	351115-1C	Nora	Tue	2/28-4/18	Room 301	5:15-6:05P
Virtual HIIT	351115-1CVR	Nora	Tue	2/28-4/18	Virtual	5:15-6:05P
Weighted Interval Training	351006-1C	Nora	Tue	2/28-4/18	Room 301	6:15-7:05P
Boot Camp	351126-1C	Tracey Z.	Wed	3/1-4/19	Room 301	5:45-6:35A
Virtual Boot Camp	351126-1CVR	Tracey Z.	Wed	3/1-4/19	Virtual	5:45-6:35A
Total Body Conditioning	351127-1C	Vicki	Wed	3/1-4/19	Room 301	9:00-9:50A
Virtual Total Body Conditioning	351127-1CVR	Vicki	Wed	3/1-4/19	Virtual	9:00-9:50A
Yoga	351128-1C	Karen	Wed	3/1-4/19	Room 301	10:00-10:50A
Fabucore	351129-1C	Lesley	Wed	3/1-4/19	Room 301	5:00-5:50P
Virtual Fabucore	351129-1CVR	Lesley	Wed	3/1-4/19	Virtual	5:00-5:50P
Guns & Abs	351021-1C	Janet	Wed	3/1-4/19	Room 301	6:00-6:50P
Virtual Guns & Abs	351021-1CVR	Janet	Wed	3/1-4/19	Virtual	6:00-6:50P
Virtual Hatha Yoga	351145-1CVR	Terry	Wed	3/1-4/19	Virtual	7:00-7:50P
Strictly Strength	351132-1C	Janet	Thu	3/2-4/20	Room 301	9:00-9:50A
Virtual Strictly Strength	351132-1CVR	Janet	Thu	3/2-4/20	Virtual	9:00-9:50A
NEW! Power Hour Cardio	351139-1C	Nora	Thu	3/2-4/20	Room 301	5:15-6:05P
NEW! Virtual Power Hour Cardio	351139-1CVR	Nora	Thu	3/2-4/20	Virtual	5:15-6:05P
Barre	351133-2C	Nora	Thu	3/2-4/20	Room 301	6:15-7:05P
Boot Camp	351134-1C	Tracey Z.	Fri	3/3-4/21	Room 301	5:45-6:35A
Virtual Boot Camp	351134-1CVR	Tracey Z.	Fri	3/3-4/21	Virtual	5:45-6:35A
Yoga	351136-1C	Karen	Fri	3/3-4/21	Room 301	10:00-10:50A
Lunchtime Boot Camp	351137-1C	Nora	Fri	3/3-4/21	Room 301	12:15-1:05P
Lunchtime Virtual Boot Camp	351137-1CVR	Nora	Fri	3/3-4/21	Virtual	12:15-1:05P
Cycling	351146-1C	Nora/Melanie	Sat	3/4-4/22	Room 301	8:00-8:50A
Virtual Hatha Yoga	351140-1CVR	Terry	Sun	3/5-4/23	Virtual	9:00-9:50A

*Classes that do not meet minimum participation will be cancelled for the entire 4-week session.