



Group Exercise Classes 4/24-6/18

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, MAY 29**

***NEXT AVAILABLE SIGN-UP DATE: 6/6**

CLASS:	ACTIVITY #:	INSTRUCTOR:	DAY:	DATES:	LOCATION:	CLASS TIME:
Boot Camp	351124-2C	Tracey Z.	Mon	4/24-6/12	Room 301	5:45-6:35A
Virtual Boot Camp	351124-2CVR	Tracey Z.	Mon	4/24-6/12	Virtual	5:45-6:35A
Anything Goes	351114-2C	Vicki	Mon	4/24-6/12	Room 301	9:00-9:50A
Virtual Hatha Yoga	351323-2CVR	Terry	Mon	4/24-6/12	Virtual	10:00-10:50A
Boot Camp	351144-2C	Janet	Mon	4/24-6/12	Room 301	5:00-5:50P
Virtual Boot Camp	351144-2CVR	Janet	Mon	4/24-6/12	Virtual	5:00-5:50P
TRX	351118-2C	Nick	Mon	4/24-6/12	WCB Act.	6:00-6:50P
Yoga	351070-2C	Karen	Mon	4/24-6/12	Room 301	7:00-7:50P
FitCycle	351461-2C	Melanie	Tue	4/25-6/13	Room 201	8:00-8:50A
Fabucore	351023-2C	Lesley	Tue	4/25-6/13	Room 301	9:00-9:50A
Virtual Fabucore	351023-2CVR	Lesley	Tue	4/25-6/13	Virtual	9:00-9:50A
Gentle Cardio Dance	351117-2C	Lesley/Laurel	Tue	4/25-6/13	Room 301	10:00-10:50A
HIIT	351115-2C	Nora	Tue	4/25-6/13	Room 301	5:15-6:05P
Virtual HIIT	351115-2CVR	Nora	Tue	4/25-6/13	Virtual	5:15-6:05P
Weighted Interval Training	351006-2C	Nora	Tue	4/25-6/13	Room 301	6:15-7:05P
Boot Camp	351126-2C	Tracey Z.	Wed	4/26-6/14	Room 301	5:45-6:35A
Virtual Boot Camp	351126-2CVR	Tracey Z.	Wed	4/26-6/14	Virtual	5:45-6:35A
Total Body Conditioning	351127-2C	Vicki	Wed	4/26-6/14	Room 301	9:00-9:50A
Yoga	351128-2C	Karen	Wed	4/26-6/14	Room 301	10:00-10:50A
Fabucore	351129-2C	Lesley	Wed	4/26-6/14	Room 301	5:00-5:50P
Virtual Fabucore	351129-2CVR	Lesley	Wed	4/26-6/14	Virtual	5:00-5:50P
Guns & Abs	351021-2C	Janet	Wed	4/26-6/14	Room 301	6:00-6:50P
Virtual Guns & Abs	351021-2CVR	Janet	Wed	4/26-6/14	Virtual	6:00-6:50P
Virtual Hatha Yoga	351145-2CVR	Terry	Wed	4/26-6/14	Virtual	7:00-7:50P
Strictly Strength	351132-3C	Janet	Thu	4/27-6/15	Room 301	9:00-9:50A
Virtual Strictly Strength	351132-3CVR	Janet	Thu	4/27-6/15	Virtual	9:00-9:50A
Power Hour Cardio	351139-2C	Nora	Thu	4/27-6/15	Room 301	5:15-6:05P
Virtual Power Hour Cardio	351139-2CVR	Nora	Thu	4/27-6/15	Virtual	5:15-6:05P
Barre	351133-2C	Nora	Thu	4/27-6/15	Room 301	6:15-7:05P
Boot Camp	351134-2C	Tracey Z.	Fri	4/28-6/16	Room 301	5:45-6:35A
Virtual Boot Camp	351134-2CVR	Tracey Z.	Fri	4/28-6/16	Virtual	5:45-6:35A
NEW! Body Sculptor	351134-4C	Janet	Fri	4/28-6/16	Room 301	9:00-9:50A
Yoga	351136-2C	Karen	Fri	4/28-6/16	Room 301	10:00-10:50A
Lunchtime Boot Camp	351137-2C	Nora	Fri	4/28-6/16	Room 301	12:15-1:05P
Lunchtime Virtual Boot Camp	351137-2CVR	Nora	Fri	4/28-6/16	Virtual	12:15-1:05P
Cycling	351146-2C	Nora/Melanie	Sat	4/29-6/17	Room 301	8:00-8:50A
Virtual Hatha Yoga	351140-2CVR	Terry	Sun	4/30-6/18	Virtual	9:00-9:50A

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