



**Group Exercise Classes 8/14-10/8**

**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, SEPTEMBER 4**

**\*NEXT AVAILABLE SIGN-UP DATE: SEPTEMBER 26**

CLASS:	ACTIVITY #:	INSTRUCTOR:	DAY:	DATES:	LOCATION:	CLASS TIME:
Boot Camp	151124-2A	Tracey Z.	Mon	8/14-10/2	Room 301	5:45-6:35A
Virtual Boot Camp	155524-2AVR	Tracey Z.	Mon	8/14-10/2	Virtual	5:45-6:35A
Anything Goes	151114-2A	Vicki	Mon	8/14-10/2	Room 301	9:00-9:50A
Virtual Hatha Yoga	151323-2AVR	Terry	Mon	8/14-10/2	Virtual	10:00-10:50A
Boot Camp	151144-2A	Janet	Mon	8/14-10/2	Room 301	5:00-5:50P
Virtual Boot Camp	151144-2AVR	Janet	Mon	8/14-10/2	Virtual	5:00-5:50P
TRX	151118-2A	Nick	Mon	8/14-10/2	WCB Act.	6:00-6:50P
Gentle Yoga	151070-2A	Karen	Mon	8/14-10/2	Room 301	7:00-7:50P
FitCycle	151461-2A	Melanie	Tue	8/15-10/3	Room 201	8:00-8:50A
Fabucore	151023-2A	Lesley	Tue	8/15-10/3	Room 301	9:00-9:50A
Virtual Fabucore	151023-2AVR	Lesley	Tue	8/15-10/3	Virtual	9:00-9:50A
Gentle Cardio Dance	151117-2A	Laurel	Tue	8/15-10/3	Room 301	10:00-10:50A
HIIT	151115-2A	Nora	Tue	8/15-10/3	Room 301	5:15-6:05P
Virtual HIIT	151115-2AVR	Nora	Tue	8/15-10/3	Virtual	5:15-6:05P
Weighted Interval Training	151006-2A	Nora	Tue	8/15-10/3	Room 301	6:15-7:05P
Boot Camp	151126-2A	Tracey Z.	Wed	8/16-10/4	Room 301	5:45-6:35A
Virtual Boot Camp	151126-2AVR	Tracey Z.	Wed	8/16-10/4	Virtual	5:45-6:35A
Total Body Conditioning	151127-2A	Vicki	Wed	8/16-10/4	Room 301	9:00-9:50A
Yoga	151128-2A	Karen	Wed	8/16-10/4	Room 301	10:00-10:50A
Fabucore	151129-2A	Lesley	Wed	8/16-10/4	Room 301	5:00-5:50P
Virtual Fabucore	151129-2AVR	Lesley	Wed	8/16-10/4	Virtual	5:00-5:50P
Guns & Abs	151021-2A	Janet	Wed	8/16-10/4	Room 301	6:00-6:50P
Virtual Guns & Abs	151021-2AVR	Janet	Wed	8/16-10/4	Virtual	6:00-6:50P
Virtual Hatha Yoga	151145-2AVR	Terry	Wed	8/16-10/4	Virtual	7:00-7:50P
<b>*NEW</b> Power Flow Yoga	151131-2A	Luke	Thu	8/17-10/5	Room 301	6:00-6:50A
Strictly Strength	151132-2A	Janet	Thu	8/17-10/5	Room 301	9:00-9:50A
Virtual Strictly Strength	151132-2AVR	Janet	Thu	8/17-10/5	Virtual	9:00-9:50A
Power Hour Cardio	151139-2A	Nora	Thu	8/17-10/5	Room 301	5:15-6:05P
Virtual Power Hour Cardio	151139-2AVR	Nora	Thu	8/17-10/5	Virtual	5:15-6:05P
Barre	151133-2A	Nora	Thu	8/17-10/5	Room 301	6:15-7:05P
Boot Camp	151134-2A	Tracey Z.	Fri	8/18-10/6	Room 301	5:45-6:35A
Body Sculptor	151130-2A	Janet	Fri	8/18-10/6	Room 301	9:00-9:50A
Yoga	151136-2A	Karen	Fri	8/18-10/6	Room 301	10:00-10:50A
Lunchtime Boot Camp	151137-2A	Nora	Fri	8/18-10/6	Room 301	12:15-1:05P
Lunchtime Virtual Boot Camp	151137-2AVR	Nora	Fri	8/18-10/6	Virtual	12:15-1:05P
Cycling	151146-2A	Nora/Melanie	Sat	8/19-10/7	Room 201	8:00-8:50A
Virtual Hatha Yoga	151140-2AVR	Terry	Sun	8/20-10/8	Virtual	9:00-9:50A

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