



Group Exercise Classes 4/22 - 6/16

**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 27**

***NEXT AVAILABLE SIGN-UP DATE: JUNE 4**

| CLASS: | ACTIVITY #: | INSTRUCTOR: | DAY: | DATES: | LOCATION: | CLASS TIME: |
|-----------------------------|-------------|----------------|------|-----------|-----------|--------------|
| Boot Camp | 351124-2C | Tracey Z. | Mon | 4/22-6/10 | Room 301 | 5:45-6:35A |
| Virtual Boot Camp | 351124-2CVR | Tracey Z. | Mon | 4/22-6/10 | Virtual | 5:45-6:35A |
| Anything Goes | 351114-2C | Vicki | Mon | 4/22-6/10 | Room 301 | 9:00-10:00A |
| Virtual Hatha Yoga | 351323-2CVR | Terry | Mon | 4/22-6/10 | Virtual | 10:00-10:50A |
| Zumba | 351072-2C | Jessica | Mon | 4/22-6/10 | Room 301 | 11:00-11:50A |
| Boot Camp | 351144-2C | Janet | Mon | 4/22-6/10 | Room 301 | 5:00-5:50P |
| Virtual Boot Camp | 351144-2CVR | Janet | Mon | 4/22-6/10 | Virtual | 5:00-5:50P |
| TRX Kettlebell | 351118-2C | Nick | Mon | 4/22-6/10 | WCB Act. | 5:15-6:05P |
| Yin Yoga | 351070-2C | Betty | Mon | 4/22-6/10 | Room 301 | 7:00-7:50P |
| FitCycle | | | | | | |
| FitCycle | 351461-2C | Melanie | Tue | 4/23-6/11 | Room 201 | 8:00-8:50A |
| Fabucore | 351023-2C | Lesley | Tue | 4/23-6/11 | Room 301 | 9:00-9:50A |
| Virtual Fabucore | 351023-2CVR | Lesley | Tue | 4/23-6/11 | Virtual | 9:00-9:50A |
| Gentle Cardio Dance | 351117-2C | Laurel/Jessica | Tue | 4/23-6/11 | Room 301 | 10:00-10:50A |
| HIIT | 351115-2C | Nora | Tue | 4/23-6/11 | Room 301 | 5:15-6:05P |
| Virtual HIIT | 351115-2CVR | Nora | Tue | 4/23-6/11 | Virtual | 5:15-6:05P |
| Weighted Interval Training | 351006-2C | Nora | Tue | 4/23-6/11 | Room 301 | 6:15-7:05P |
| Boot Camp | | | | | | |
| Boot Camp | 351126-2C | Tracey Z. | Wed | 4/24-6/12 | Room 301 | 5:45-6:35A |
| Virtual Boot Camp | 351126-2CVR | Tracey Z. | Wed | 4/24-6/12 | Virtual | 5:45-6:35A |
| *NEW TRX Kettlebell | 351118-2CC | Nick | Wed | 4/24-6/12 | WCB Act. | 9:00-9:50A |
| Total Body Conditioning | 351127-2C | Vicki | Wed | 4/24-6/12 | Room 301 | 9:00-9:50A |
| Total Body Stretch | 351017-2C | Vicki | Wed | 4/24-6/12 | Room 301 | 10:00-10:30A |
| Fabucore | 351129-2C | Lesley | Wed | 4/24-6/12 | Room 301 | 5:00-5:50P |
| Virtual Fabucore | 351129-2CVR | Lesley | Wed | 4/24-6/12 | Virtual | 5:00-5:50P |
| Guns & Abs | 351021-2C | Janet | Wed | 4/24-6/12 | Room 301 | 6:00-6:50P |
| Virtual Guns & Abs | 351021-2CVR | Janet | Wed | 4/24-6/12 | Virtual | 6:00-6:50P |
| Virtual Hatha Yoga | 351145-2CVR | Terry | Wed | 4/24-6/12 | Virtual | 7:00-7:50P |
| TRX Basics | | | | | | |
| TRX Basics | 351149-2C | Melanie | Thu | 4/25-6/13 | WCB Act. | 5:45-6:35A |
| Strictly Strength | 351132-2C | Janet | Thu | 4/25-6/13 | Room 301 | 9:00-9:50A |
| Virtual Strictly Strength | 351132-2CVR | Janet | Thu | 4/25-6/13 | Virtual | 9:00-9:50A |
| Power Hour Cardio | 351139-2C | Nora | Thu | 4/25-6/13 | Room 301 | 5:15-6:05P |
| Virtual Power Hour Cardio | 351139-2CVR | Nora | Thu | 4/25-6/13 | Virtual | 5:15-6:05P |
| Barre | 351133-2C | Nora | Thu | 4/25-6/13 | Room 301 | 6:15-7:05P |
| Boot Camp | | | | | | |
| Boot Camp | 351134-2C | Tracey Z. | Fri | 4/26-6/14 | Room 301 | 5:45-6:35A |
| Body Sculptor | 351130-2C | Janet | Fri | 4/26-6/14 | Room 301 | 9:00-9:50A |
| Restorative Yoga | 351136-2C | Betty | Fri | 4/26-6/14 | Room 301 | 10:00-10:50A |
| Lunchtime Boot Camp | 351137-2C | Nora | Fri | 4/26-6/14 | Room 301 | 12:15-1:05P |
| Lunchtime Virtual Boot Camp | 351137-2CVR | Nora | Fri | 4/26-6/14 | Virtual | 12:15-1:05P |
| Cycling | | | | | | |
| Cycling | 351141-2C | Nora/Melanie | Sat | 4/27-6/15 | Room 201 | 8:00-8:50A |
| Virtual Hatha Yoga | | | | | | |
| Virtual Hatha Yoga | 351140-2CVR | Terry | Sun | 4/28-6/16 | Virtual | 9:00-9:50A |

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