

## GROUP FITNESS WEEKLY SCHEDULE

Mon. 1/15/2024	Tue. 1/16	Wed. 1/17	Thur. 1/18	Fri. 1/19	Sat. 1/20	Sun. 1/21
In Studio 8:30am STEP Leesa	<u>ZOOM ONLY</u> 8:00am MAT PILATES Marcy*	<u>ZOOM ONLY</u> 8:00am STRETCH 4 STRENGTH Carol		<u>ZOOM ONLY</u> 8:30am STRENGTH & CORE Marcy		
In Studio & Zoom 9:30am STRENGTH Leesa		In Studio & Zoom 9:30am BARRE Lynnda	In Studio & Zoom 9:30am PILATES & STRENGTH FUSION Leesa	NEW!! In Studio & Zoom 9:30am LINE DANCE Barbara	<u>ZOOM ONLY</u> 9:00am STRENGTH Suzie**	In-Studio & Zoom 10:00am YOGA SK
In Studio & Zoom 11:00am STRETCH 4 STRENGTH Carol		NEW!! In Studio & Zoom 11:00pm CHAIR FIT Lynnda				
			In Studio & Zoom 12:30pm CHAIR FIT Lynnda			*You should make an online reservation prior to attending any In- studio classes*
			NEW!!! In-Studio & Zoom 4:00pm YOGA Steph	In-Studio & Zoom 4:00pm YOGA Steph		<u>ZOOM ONLY</u> CLASSES ARE FOR MEMBERS ONLY
	<u>ZOOM ONLY</u> 7:00pm MINDFUL YOGA FLOW Karen			<u>ZOOM ONLY</u> 6:00pm TGIF STRETCH & RELAX Carol		Alternating Instructor* Sub*