

# GROUP FITNESS

For a description of Fitness Classes  
visit [gbkroccenter.org/fitness](http://gbkroccenter.org/fitness)

July 5-September 6

IN PERSON

IN PERSON & VIRTUAL

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>CARDIO FUSION</b> 5:30-6:15 AM INSTRUCTOR: JESSICA GYM		<b>CARDIO FUSION</b> 5:30-6:15 AM INSTRUCTOR: DAWN GYM	<b>CARDIO FUSION</b> 5:30-6:15 AM INSTRUCTOR: DAWN GYM	<b>CARDIO FUSION</b> 5:30-6:15 AM INSTRUCTOR: VARIES GYM
	<b>CYCLE</b> 6:15-7:00 AM INSTRUCTOR: DAWN CYCLE STUDIO			
<b>BARRE</b> 8:30-9:15 AM INSTRUCTOR: COURTNEY FITNESS STUDIO /VIRTUAL	<b>SHRED &amp; SCULPT</b> 8:30-9:15 AM INSTRUCTOR: COURTNEY FITNESS STUDIO	<b>BARRE</b> 8:30-9:15 AM INSTRUCTOR: COURTNEY FITNESS STUDIO /VIRTUAL	<b>BARBELL STRENGTH</b> 8:30-9:15 AM INSTRUCTOR: ARIC FITNESS STUDIO	<b>BARRE</b> 8:30-9:15 AM INSTRUCTOR: HAILEY FITNESS STUDIO /VIRTUAL
<b>SENIOR FIT</b> 9:00-10:00 AM INSTRUCTOR: MELISSA GYM A/VIRTUAL		<b>SENIOR FIT</b> 9:00-10:00 AM INSTRUCTOR: MELISSA GYM A/VIRTUAL	<b>SLOW FLOW YOGA</b> 9:00-9:45 AM INSTRUCTOR: KAREN DANCE STUDIO /VIRTUAL	
<b>CYCLE</b> 9:00-9:45 AM INSTRUCTOR: JANE CYCLE STUDIO		<b>CYCLE</b> 9:00-9:45 AM INSTRUCTOR: JANE CYCLE STUDIO		
<b>YOGA</b> 9:30-10:30 AM INSTRUCTOR: PAUL DANCE STUDIO /VIRTUAL		<b>YOGA</b> 9:30-10:30 AM INSTRUCTOR: MERCEDES DANCE STUDIO /VIRTUAL		<b>YOGA</b> 9:30-10:30 AM INSTRUCTOR: HAILEY FITNESS STUDIO /VIRTUAL
<b>STRETCH CLASS</b> 10:00-10:45 AM INSTRUCTOR: JANE FITNESS STUDIO	<b>SILVERSNEAKERS*</b> 10:00-10:45 AM INSTRUCTOR: BETH FITNESS STUDIO		<b>SILVERSNEAKERS*</b> 10:00-10:45 AM INSTRUCTOR: BETH FITNESS STUDIO	
<b>ZUMBA® GOLD</b> 11:00-11:45 AM INSTRUCTOR: PAUL FITNESS STUDIO		<b>ZUMBA® GOLD</b> 11:00-11:45 AM INSTRUCTOR: PAUL FITNESS STUDIO		<b>ZUMBA® GOLD</b> 11:15 AM-12:00 PM INSTRUCTOR: PAUL FITNESS STUDIO
	<b>BARRE</b> 4:15-5:00 PM INSTRUCTOR: KRISTEN FITNESS STUDIO /VIRTUAL			
<b>CARDIO FUSION</b> 5:15-6:00 PM INSTRUCTOR: AMBER FITNESS STUDIO /VIRTUAL	<b>HIIT &amp; STRENGTH</b> 5:15-6:00 PM INSTRUCTOR: KRISTEN FITNESS STUDIO /VIRTUAL	<b>CARDIO FUSION</b> 5:15-6:00 PM INSTRUCTOR: VARIES FITNESS STUDIO /VIRTUAL	<b>HIIT &amp; BARBELL STRENGTH</b> 5:00-5:45 PM INSTRUCTOR: JESSICA FITNESS STUDIO	