

# GROUP FITNESS

SEPTEMBER 8-NOVEMBER 1

IN PERSON

IN PERSON & VIRTUAL

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>CARDIO FUSION BOOT CAMP</b> 5:30-6:15 AM INSTRUCTOR: MARY GYM	<b>SHRED &amp; SCULPT</b> 5:30-6:15 AM INSTRUCTOR: DAWN FITNESS STUDIO	<b>CARDIO FUSION BOOT CAMP</b> 5:30-6:15 AM INSTRUCTOR: MARY GYM	<b>SHRED &amp; SCULPT</b> 5:30-6:15 AM INSTRUCTOR: DAWN FITNESS STUDIO	<b>CARDIO FUSION BOOT CAMP</b> 5:30-6:15 AM INSTRUCTOR: MARY GYM
<b>BARRE</b> 8:30-9:15 AM INSTRUCTOR: VAL DANCE STUDIO/VIRTUAL	<b>CYCLE</b> 6:15-7:00 AM INSTRUCTOR: LIZ FITNESS STUDIO	<b>BARRE</b> 8:30-9:15 AM INSTRUCTOR: LIZ DANCE STUDIO/VIRTUAL		<b>BARRE</b> 8:30-9:15 AM INSTRUCTOR: HAILEY DANCE STUDIO/VIRTUAL
<b>SILVERSNEAKERS</b> 9:00-9:45 AM INSTRUCTOR: MELISSA FITNESS STUDIO/VIRTUAL	<b>SHRED &amp; SCULPT</b> 8:30-9:15 AM INSTRUCTOR: JENI FITNESS STUDIO	<b>SILVERSNEAKERS</b> 9:00-9:45 AM INSTRUCTOR: JANE FITNESS STUDIO/VIRTUAL	<b>SHRED &amp; SCULPT</b> 8:30-9:15 AM INSTRUCTOR: COURTNEY FITNESS STUDIO	<b>SILVERSNEAKERS</b> 9:00-9:45 AM INSTRUCTOR: JACINDA FITNESS STUDIO/VIRTUAL
<b>CYCLE</b> 9:00-9:45 AM INSTRUCTOR: JANE CYCLE STUDIO	<b>SLOW FLOW YOGA</b> 9:00-9:45 AM INSTRUCTOR: LIZ DANCE STUDIO/VIRTUAL		<b>SLOW FLOW YOGA</b> 9:00-9:45 AM INSTRUCTOR: KAREN DANCE STUDIO/VIRTUAL	
<b>YOGA</b> 9:30-10:30 AM INSTRUCTOR: VAL DANCESTUDIO/VIRTUAL		<b>YOGA</b> 9:30-10:30 AM INSTRUCTOR: LIZ DANCESTUDIO/VIRTUAL		<b>YOGA</b> 9:30-10:30 AM INSTRUCTOR: HAILEY DANCESTUDIO/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: JANE FITNESS STUDIO	<b>SILVERSNEAKERS</b> 10:00-10:45 AM INSTRUCTOR: BETH FITNESS STUDIO	
<b>ZUMBA® GOLD</b> 11:15 AM-12:00 PM INSTRUCTOR: PAUL FITNESS STUDIO	<b>YOGILATES</b> 10:00-10:45 AM INSTRUCTOR: LIZ DANCE STUDIO/VIRTUAL	<b>ZUMBA® GOLD</b> 11:15 AM-12:00 PM INSTRUCTOR: PAUL FITNESS STUDIO	<b>LIFT UP: FAITH &amp; FITNESS FUSION</b> 10:00-10:45 AM INSTRUCTOR: JANE CYCLE STUDIO	<b>ZUMBA® GOLD</b> 11:15 AM-12:00 PM INSTRUCTOR: PAUL FITNESS STUDIO
<b>CARDIO FUSION BOOT CAMP</b> 5:15-6:00 PM INSTRUCTOR: AMBER FITNESS STUDIO	<b>HIIT</b> 5:15-6:00 PM INSTRUCTOR: MERCEDES FITNESS STUDIO	<b>CARDIO FUSION BOOT CAMP</b> 5:15-6:00 PM INSTRUCTOR: VANESSA FITNESS STUDIO	<b>HIIT</b> 5:00-5:45 PM INSTRUCTOR: JESSICA FITNESS STUDIO	
<b>YOGA</b> 6:15-7:00 PM INSTRUCTOR: PAUL CYCLE STUDIO	<b>CYCLE</b> 6:00-6:45 PM INSTRUCTOR: KAREN CYCLE STUDIO	<b>BARRE</b> 6:15-7:00 PM INSTRUCTOR: LIZ FITNESS STUDIO	<b>CYCLE</b> 6:00-6:45 PM INSTRUCTOR: JESSICA CYCLE STUDIO	
				<b>SATURDAY</b>
				<b>SATURDAY SAMPLER</b> 9:00-9:45 AM INSTRUCTOR: VARIES FITNESS STUDIO

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