

# GROUP FITNESS

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

January 4-February 28

IN PERSON

IN PERSON & VIRTUAL

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
CARDIO FUSION BOOT CAMP 5:30-6:15 AM INSTRUCTOR: DAWN GYM		CARDIO FUSION BOOT CAMP 5:30-6:15 AM INSTRUCTOR: MARY GYM		CARDIO FUSION BOOT CAMP 5:30-6:15 AM INSTRUCTOR: MARY GYM
	CYCLE 6:15-7:00 AM INSTRUCTOR: LIZ GYM B			
BARRE 8:30-9:15 AM INSTRUCTOR: LIZ FITNESS STUDIO /VIRTUAL	SHRED & SCULPT 8:30-9:15 AM INSTRUCTOR: COURTNEY FITNESS STUDIO	BARRE 8:30-9:15 AM INSTRUCTOR: KAREN FITNESS STUDIO /VIRTUAL	SHRED & SCULPT 8:30-9:15 AM INSTRUCTOR: ARIC FITNESS STUDIO	BARRE 8:30-9:15 AM INSTRUCTOR: HAILEY FITNESS STUDIO /VIRTUAL
SILVERSNEAKERS® 9:00-9:45 AM INSTRUCTOR: MELISSA GYM A/VIRTUAL	SLOW FLOW YOGA 9:00-9:45 AM INSTRUCTOR: LIZ DANCE STUDIO /VIRTUAL	SILVERSNEAKERS® 9:00-9:45 AM INSTRUCTOR: MELISSA GYM A/VIRTUAL		SILVERSNEAKERS® 9:00-9:45 AM INSTRUCTOR: JACINDA GYM A/VIRTUAL
CYCLE 9:00-9:45 AM INSTRUCTOR: JANE CYCLE STUDIO		CYCLE 9:00-9:45 AM INSTRUCTOR: JANE CYCLE STUDIO		
YOGA 9:30-10:30 AM INSTRUCTOR: LIZ DANCE STUDIO /VIRTUAL		YOGA 9:30-10:30 AM INSTRUCTOR: KAREN DANCE STUDIO /VIRTUAL		YOGA 9:30-10:30 AM INSTRUCTOR: HAILEY DANCE STUDIO /VIRTUAL
STRETCH CLASS 10:00-10:45 AM INSTRUCTOR: JANE FITNESS STUDIO	SILVERSNEAKERS® 10:00-10:45 AM INSTRUCTOR: BETH FITNESS STUDIO		SILVERSNEAKERS® 10:00-10:45 AM INSTRUCTOR: BETH FITNESS STUDIO	
ZUMBA® GOLD 11:15 AM-12:00 PM INSTRUCTOR: PAUL FITNESS STUDIO		ZUMBA® GOLD 11:15 AM-12:00 PM INSTRUCTOR: PAUL FITNESS STUDIO		ZUMBA® GOLD 11:15 AM-12:00 PM INSTRUCTOR: PAUL FITNESS STUDIO
	BARRE 4:15-5:00 PM INSTRUCTOR: LIZ FITNESS STUDIO		BARRE 4:15-5:00 PM INSTRUCTOR: LIZ FITNESS STUDIO	
CARDIO FUSION BOOT CAMP 5:15-6:00 PM INSTRUCTOR: AMBER FITNESS STUDIO /VIRTUAL	HIIT & STRENGTH 5:15-6:00 PM INSTRUCTOR: KRISTEN FITNESS STUDIO /VIRTUAL	CARDIO FUSION BOOT CAMP 5:15-6:00 PM INSTRUCTOR: VANESSA FITNESS STUDIO /VIRTUAL	HIIT & STRENGTH 5:00-5:45 PM INSTRUCTOR: JESSICA FITNESS STUDIO	