

GROUP FITNESS

November 2, 2020-January 3, 2021

IN PERSON

IN PERSON & VIRTUAL

For a description of Fitness Classes and Open Swimming, visit gbkroccenter.org/fitness

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|---|--|---|---|--|
| CARDIO FUSION BOOT CAMP 5:30-6:15 AM INSTRUCTOR: MARY GYM | SHRED & SCULPT 5:30-6:15 AM INSTRUCTOR: DAWN FITNESS STUDIO | CARDIO FUSION BOOT CAMP 5:30-6:15 AM INSTRUCTOR: MARY GYM | SHRED & SCULPT 5:30-6:15 AM INSTRUCTOR: DAWN FITNESS STUDIO | CARDIO FUSION BOOT CAMP 5:30-6:15 AM INSTRUCTOR: MARY GYM |
| BARRE 8:30-9:15 AM INSTRUCTOR: LIZ DANCE STUDIO /VIRTUAL | CYCLE 6:15-7:00 AM INSTRUCTOR: LIZ GYM B | BARRE 8:30-9:15 AM INSTRUCTOR: DAWN DANCE STUDIO /VIRTUAL | SHRED & SCULPT 8:30-9:15 AM INSTRUCTOR: COURTNEY FITNESS STUDIO | BARRE 8:30-9:15 AM INSTRUCTOR: HAILEY DANCE 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 | SLOW FLOW YOGA 9:00-9:45 AM INSTRUCTOR: KAREN DANCE STUDIO /VIRTUAL | SILVERSNEAKERS 9:00-9:45 AM INSTRUCTOR: JACINDA GYM A/VIRTUAL |
| CYCLE 9:00-9:45 AM INSTRUCTOR: JANE FITNESS STUDIO | | CYCLE 9:00-9:45 AM INSTRUCTOR: JANE FITNESS STUDIO | | |
| YOGA 9:30-10:30 AM INSTRUCTOR: PAUL DANCE STUDIO /VIRTUAL | YOGILATES 10:00-10:45 AM INSTRUCTOR: LIZ DANCE STUDIO /VIRTUAL | YOGA 9:30-10:30 AM INSTRUCTOR: LIZ DANCE STUDIO /VIRTUAL | LIFT UP: FAITH & FITNESS FUSION 10:00-10:45 AM INSTRUCTOR: JANE FITNESS AREA | YOGA 9:30-10:15 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: JANE 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 | CYCLE 5:00-5:45 PM INSTRUCTOR: KAREN CYCLE STUDIO | BARRE 4:15-5:00 PM INSTRUCTOR: KRISTEN FITNESS STUDIO | |
| CARDIO FUSION BOOT CAMP 5:15-6:00 PM INSTRUCTOR: AMBER FITNESS STUDIO /VIRTUAL | HIIT 5:15-6:00 PM INSTRUCTOR: MERCEDES FITNESS STUDIO /VIRTUAL | CARDIO FUSION BOOT CAMP 5:15-6:00 PM INSTRUCTOR: VANESSA FITNESS STUDIO /VIRTUAL | HIIT 5:00-5:45 PM INSTRUCTOR: JESSICA FITNESS STUDIO /VIRTUAL | |
| YOGA 6:15-6:45 PM INSTRUCTOR: PAUL OAK ROOM (1ST FLOOR) | | | CYCLE 6:00-6:45 PM INSTRUCTOR: JESSICA CYCLE STUDIO | |