



# GROUP X VIRTUAL SCHEDULE

MONDAY    TUESDAY    WEDNESDAY    THURSDAY    FRIDAY    SATURDAY

9:00a - 10:00a  
P90X Corrine

8:30a - 9:30a  
Yoga Jean

8:30a - 9:30a  
Yoga Jean

9:00a - 10:00a  
Yoga Matt

9:00a - 10:00a  
Group Power Becca

9:00a - 10:00a  
Yoga Astryd

10:30a - 11:30a  
PILATES 2 Marilyn

AVAILABLE IN-PERSON AT  
OUTDOOR GYM

10:45a - 11:45a  
PILATES 2 Marilyn

11:00a - 12:00p  
CORE/BALANCE Lori

10:00a - 11:00a  
Bootcamp Eric  
AVAILABLE IN-PERSON AT  
OUTDOOR GYM

11:00a - 12:00p  
CORE/BALANCE Jennifer

10:15a - 11:15a  
PiYo Amy

12:00p - 1:00p  
Barre Marilyn

12:15p - 1:15p  
WARRIOR Rhythm Ellen

12:00p - 1:00p  
Barre Marilyn

12:15p - 1:15p  
30min Cardio Countdown  
30min Get Pumped Ellen

12:00p - 1:00p  
Barre Marilyn

10:30a - 12:00P  
Vinyasa Flow Tammy

12:00p - 1:00p  
Spin Ellen

## SUNDAY

5:30p - 6:30p  
Group Power Becca

5:30p - 6:30p  
Group Power Becca

9:00a - 10:30a  
Vinyasa Yoga Jean

11:00a - 12:00p  
Intro to Yoga Jean

All classes are streamed virtually via **FACEBOOK LIVE** or **ZOOM**  
Previously recorded Facebook Live classes are available to view in the Private Member Facebook Group