



GROUP X VIRTUAL SCHEDULE

MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY SATURDAY

9:00a - 10:00a

P90X Corrine

9:00a - 10:00a

Yoga Astryd

NEW INSTRUCTOR

10:15a - 11:00a

Spin Ellen

12:00p - 1:00p

Barre Marilyn

5:30p - 6:30p

Group Power Becca

NEW INSTRUCTOR

8:30a - 9:30a

Yoga Jean

10:45a - 11:45a

PILATES 2 Marilyn

11:00a - 12:00p

CORE/BALANCE Lori

12:15p - 1:15p

WARRIOR Rhythm Ellen

WEDNESDAY

12:00p - 1:00p

Barre Marilyn

5:30p - 6:30p

Group Power Becca

NEW INSTRUCTOR

8:30a - 9:30a

Yoga Jean

11:00a - 12:00p

CORE/BALANCE Lori

12:15p - 1:15p

30min Cardio Countdown

30min Get Pumped Ellen

NEW FORMAT

THURSDAY

9:00a - 10:00a

Yoga Matt

10:30a - 11:30a

PILATES 2 Marilyn

11:00a - 11:45p

POUND Xpress Ellen

12:00p - 1:00p

Barre Marilyn

12:00p - 1:00p

Spin Ellen

FRIDAY

9:00a - 10:00a

Group Power Becca

NEW INSTRUCTOR

10:15a - 11:15a

PiYo Amy

TEMP. FORMAT CHANGE

10:30a - 12:00P

Vinyasa Flow Tammy

SUNDAY

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