



## 2019 Group Class Schedule

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
  Open For On Demand Classes	8:30 am Ladies Group Virtual Bodyflow  9:30 am Live Class Cardio & More  5:30 pm Live Class Cycle & More	5:15 am Live Class Rowing & More  8:00 am Ladies Group Virtual Bodyflow  9:00 am Live Class Cycle & More  10:30 am Live Class Seniors  6:00 pm Live Class Yoga & Pilates	8:30 am Ladies Group Virtual Bodyflow  9:30 am Live Class Cardio & More  5:30 pm Live Class Cycle & More	5:15 am Live Class Rowing & More  8:00 am Ladies Group Virtual Bodyflow  9:00 am Live Class Cycle & More  10:30 am Live Class Seniors  6:00 pm Live Class Yoga & Pilates	8:30 am Ladies Group Virtual Bodyflow  9:30 am Live Class Cardio & More	7:30 am Virtual 30/30          Virtual Classes are all Les Mills; now available; Les Mills Barre  

All live classes will be taught by an instructor.

If at any time an instructor is out a Virtual Class will be played.

We are excited that several members have started groups to work out together. The virtual Bodyflow class is a group of dedicated women who meet every day. On Saturday we have a group that meets for a Virtual class workout at 7:30 am. Anyone can join any one of these groups.

Along with all the scheduled classes virtual classes are offered on demand at any time.