


PHASE 2 HYBRID CLASS SCHEDULE

GROUP FITNESS CLASSES

	MONDAY, July 6	TUESDAY, July 7	WEDNESDAY, July 8	THURSDAY, July 9	FRIDAY, July 10		SATURDAY, July 11	SUNDAY, July 12
GROUP OUTDOOR CLASSES HELD ON THE BASKETBALL COURT						INDOOR GYMNASIUM CLASSES		
9:00am	ZUMBA WITH HARMANI	CARDIO/STRENGTH CIRCUIT WITH DARCY	PIYO WITH KARI	TONE WITH MARY	HATHA YOGA WITH CATHY	8:30am	CARDIO KICKBOX WITH AMY	TONE WITH SUSAN
5:30pm			CARDIO KICKBOX WITH AMY			10:00am	ZUMBA WITH HARMANI	VINYASA YOGA WITH SONIA
GROUP LAP POOL CLASSES						<p>We are excited to welcome you back in a careful, safe manner. We continue to offer our Virtual Live classes on the Facebook group as we bring you back to the facility. Note the locations on the schedule:</p> <div><div>Outside Basketball Court</div><div>Indoor Lap Pool</div><div>Indoor Gymnasium</div><div>Facebook Virtual LIVE</div></div> <p>Please register in Member Portal for any classes held in the facility.</p> <p>Note the equipment policy:</p> <ul style="list-style-type: none">• Bring your own yoga mat• Bring your own water bottle <div></div> <p>OUR SAFE CARE COMMITMENT</p> <p>Read our Safe Commitment Commitment here: theworkhealthclub.com/safecarecommitment</p> <p>Schedule subject to change. Outdoor classes are weather dependent. VIRTUAL LIVE classes may have technical difficulties. Exercise at your own pace. Chose a safe space with sturdy footing. Most classes will remain available after the live broadcast.</p>		
9:30am		AQUA FIT WITH MARRIETTE		AQUA FIT WITH PAM				
VIRTUAL WORKS-OUT CLASSES- FACEBOOK GROUP								
10:05am	EASY CARDIO FITNESS WITH ANN	CARDIO, STRENGTH, BALANCE, CORE DRILLS WITH MARY	BODYWEIGHT HIIT STRENGTH WITH CORINNE	BODYWEIGHT STRENGTH WITH DARCY				
11:05am		SENIOR CLASS (CHANGES WEEKLY) WITH REBECCA		SENIOR STRENGTH WITH DARCY	CHAIR YOGA WITH CATHY			
3:00pm			KIDS YOGA WITH CATHY					
4:00pm	*Note: 4:15 Start 15 CORE / 15 STRETCH WITH LISA	TONE WITH SUSAN	VINYASA YOGA WITH CATHY	CARDIO STRENGTH FUSION WITH SUSAN				
5:00pm	PIYO WITH LISA	ZUMBA WITH STACEY		ZUMBA WITH HARMANI				