


# GROUP FITNESS CLASSES

		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY			SATURDAY	SUNDAY		
OUTDOOR	GROUP OUTDOOR CLASSES HELD ON THE BASKETBALL COURT						GYMNASIUM	INDOOR GYMNASIUM CLASSES				
	7:30am	EASY CARDIO STRENGTH COMBO WITH ANN OR DARCY	VINYASA WITH PAM	BODYWEIGHT HIIT/STRENGTH WITH CORINNE (45 MIN)	STRETCH & SHINE WITH SCOTT (30 MIN)	HATHA YOGA WITH CATHY		8:30am	CARDIO KICKBOX WITH AMY	TONE WITH SUSAN		
	9:00am	ZUMBA WITH HARMANI	CARDIO/STRENGTH CIRCUIT WITH DARCY	ZUMBA WITH KARI	TONE WITH MARY	PIYO WITH KARI		10:00am	ZUMBA WITH HARMANI	VINYASA YOGA WITH SONIA		
	5:30pm	HIIT CARDIO WITH AMY (45 MIN)	TONE WITH SUSAN	CARDIO KICKBOX WITH AMY	ZUMBA WITH HARMANI			<p>We are excited to welcome you back in a careful, safe manner. We continue to offer our Virtual ZOOM classes for active members.</p> <p>Classes are subject to change.</p> <p><b>Please register in Member Portal for all classes.</b></p> <p>Weather policy on website for outdoor classes. (Virtual Zoom <b>may be</b> held in lieu of outdoor class, IF outdoor class is cancelled due to weather (dependent on instructor availability))</p> <p><b>Note the equipment policy:</b></p> <ul style="list-style-type: none"><li>Bring your own yoga mat and small weights/bands if you have some</li><li>Bring your own water bottle</li></ul> <div><p>OUR SAFE CARE COMMITMENT</p></div> <p>Read our Safe Commitment Commitment here: <a href="http://theworkhealthclub.com/safecarecommitment">theworkhealthclub.com/safecarecommitment</a></p>				
GYM	INDOOR GYMNASIUM											
	6:30pm	PIYO WITH LISA	ZUMBA WITH STACEY	BODYPUMP WITH SANDY	CARDIO STRENGTH FUSION WITH SUSAN							
POOL	INDOOR LAP POOL											
	9:30am		AQUA FIT WITH MARRIETTE		AQUA FIT WITH PAM							
VIRTUAL ZOOM	VIRTUAL ZOOM CLASSES											
	Schedule subject to change. VIRTUAL LIVE classes may have technical difficulties. Exercise at your own pace. Chose a safe space with sturdy footing. Available to members only.											
	8:00am				CARDIO BARRE WITH MANU							
	10:00am	POWER YOGA WITH RACHEL	CARDIO STRENGTH BALANCE & CORE DRILLS WITH MARY		BODYWEIGHT STRENGTH WITH DARCY							
	11:05am		SENIOR CLASS (CHANGES WEEKLY) WITH REBECCA		SENIOR STRENGTH WITH DARCY	CHAIR YOGA WITH CATHY						
	4:00pm			VINYASA YOGA WITH CATHY								
	5:15pm	CARDIO BARRE WITH MANU										
CYCLE ZONE	WORKS CYCLE ZONE VIRTUAL (IN STUDIO)											
	6:15am	RPM VIRTUAL 50 MIN	RPM VIRTUAL 30 MIN	CYCLE VIRTUAL 50 MIN	RPM VIRTUAL 50 MIN	RPM VIRTUAL 50 MIN	8:30am	CYCLE VIRTUAL 50 MIN	CYCLE VIRTUAL 50 MIN			
	9:00am	RPM VIRTUAL 50 MIN	CYCLE VIRTUAL 55 MIN	RPM VIRTUAL 30 MIN	RPM VIRTUAL 50 MIN	CYCLE VIRTUAL 50 MIN	<p><b>Works Cycle Zone:</b></p> <ul style="list-style-type: none"><li>Note signs in studio about which bikes are available for use.</li><li>Sanitized bikes will be marked. See signage in studio.</li></ul>					
	5:30pm	RPM VIRTUAL 60 MIN	CYCLE VIRTUAL 55 MIN	RPM VIRTUAL 30 MIN	CYCLE VIRTUAL 50 MIN	RPM VIRTUAL 50 MIN						