

# GROUP FITNESS CLASSES

Read our Safe Commitment Commitment here: [theworkhealthclub.com/safecarecommitment](http://theworkhealthclub.com/safecarecommitment)

WEEKDAY:	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	WEEKEND:	SATURDAY	SUNDAY
<b>GROUP OUTDOOR CLASSES HELD ON THE BASKETBALL COURT</b>								
<b>7:30am</b>		<b>VINYASA</b> WITH PAM			<b>HATHA YOGA</b> WITH CATHY	Weather policy on website for outdoor classes.		
<b>MINDBODY STUDIO INDOOR GYMNASIUM CLASSES</b>								
<b>9:00am</b>	<b>ZUMBA</b> WITH HARMANI	<b>C.S.B.C DRILLS</b> WITH MARY	<b>BODYWEIGHT HIIT STRENGTH</b> WITH CORINNE	<b>TONE</b> WITH MARY OR ANN	<b>PIYO</b> WITH KARI	<b>8:30am</b>	<b>VINYASA</b> WITH CATHY	<b>CARDIO BARRE</b> WITH MANU
<b>10:30am</b>	<b>EASY CARDIO FITNESS</b> WITH ANN OR DARCY		<b>HATHA</b> WITH DARCY			Please register in Member Portal for all classes.		
<b>11:00am</b>		<b>SENIOR CLASS</b> WEEKLY WITH REBECCA				Note the equipment policy: <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>		
<b>4:30pm</b>		<b>TONE</b> SUSAN				Classes are subject to change.		
<b>5:30pm</b>	<b>HIIT CARDIO</b> WITH AMY		<b>KICKBOXING</b> WITH AMY	<b>ZUMBA</b> WITH HARMANI				
<b>INDOOR GYMNASIUM</b>								
<b>6:30pm</b>	<b>PIYO</b> WITH LISA	<b>ZUMBA</b> WITH STACEY	<b>BODYPUMP</b> WITH SANDY	<b>CARDIO STRENGTH FUSION</b> WITH SUSAN		<b>8:30am</b>	<b>KICKBOXING</b> WITH AMY	<b>TONE</b> WITH SUSAN
						<b>10:00am</b>	<b>ZUMBA</b> WITH HARMANI	<b>VINYASA YOGA</b> WITH SONIA
<b>INDOOR LAP POOL</b>								
<b>9:30am</b>		<b>AQUA FIT</b> WITH PAM		<b>AQUA FIT</b> WITH MARRIETTE				
<b>VIRTUAL ZOOM CLASSES</b>								
<b>6:00am</b>	<b>C.S.B.C DRILLS</b> WITH DARCY					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.		
<b>8:00am</b>				<b>CARDIO BARRE</b> WITH MANU		SEE THE ZOOM HOW-TO ON OUR WEBSITE: <a href="http://workshealthclub.com/group-fitness">workshealthclub.com/group-fitness</a>		
<b>10:00am</b>	<b>POWER YOGA</b> WITH RACHEL			<b>BODYWEIGHT STRENGTH</b> WITH DARCY				
<b>4:00pm</b>	<b>CARDIO BARRE</b> WITH MANU							
<b>6:00pm</b>				<b>MUSCLE CONDITIONING</b> WITH KARI				
<b>WORKS CYCLE ZONE VIRTUAL (IN STUDIO)</b>								
<b>6:15am</b>	<b>RPM VIRTUAL</b> 50 MIN	<b>RPM VIRTUAL</b> 30 MIN	<b>CYCLE VIRTUAL</b> 50 MIN	<b>RPM VIRTUAL</b> 50 MIN	<b>RPM VIRTUAL</b> 50 MIN	<b>8:30am</b>	<b>CYCLE VIRTUAL</b> 50 MIN	<b>CYCLE VIRTUAL</b> 50 MIN
<b>9:00am</b>	<b>RPM VIRTUAL</b> 50 MIN	<b>CYCLE VIRTUAL</b> 55 MIN	<b>RPM VIRTUAL</b> 30 MIN	<b>RPM VIRTUAL</b> 50 MIN	<b>CYCLE VIRTUAL</b> 50 MIN	Works Cycle Zone: <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.</li> <li>See signage in studio.</li> </ul>		
<b>5:30pm</b>	<b>RPM VIRTUAL</b> 60 MIN	<b>CYCLE VIRTUAL</b> 55 MIN	<b>RPM VIRTUAL</b> 30 MIN	<b>CYCLE VIRTUAL</b> 50 MIN	<b>RPM VIRTUAL</b> 50 MIN			

ROOFTOP

MINDBODY

GYM

POOL

VIRTUAL ZOOM

CYCLE ZONE