

GROUP FITNESS

SCHEDULE EFFECTIVE AUGUST 21, 2020

Read our Safe Commitment Commitment here:
theworkhealthclub.com/safecarecommitment

MINDBODY STUDIO	INDOOR GYMNASIUM	INDOOR LAP POOL	VIRTUAL ZOOM CLASSES	WORKS CYCLE ZONE	Read our Safe Commitment Commitment here: theworkhealthclub.com/safecarecommitment				
WEEKDAY:	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	WEEKEND:	SATURDAY	SUNDAY	

MINDBODY STUDIO CLASSES

7:30am		VINYASA YOGA WITH CATHY						
9:00am	ZUMBA WITH HARMANI	C.S.B.C DRILLS WITH MARY	BODYWEIGHT HIIT STRENGTH WITH CORINNE	TONE WITH MARY OR ANN	PIYO WITH KARI			
10:30am	EASY CARDIO FITNESS WITH ANN OR DARCY		HATHA WITH DARCY		*NOTE: 10:15AM HATHA YOGA WITH PAM			
11:00am		SENIOR CLASS WEEKLY WITH REBECCA						
4:30pm		TONE SUSAN						
5:30pm	HIIT CARDIO WITH AMY		KICKBOXING WITH AMY	ZUMBA WITH HARMANI				

8:30am **VINYASA**
WITH CATHY **CARDIO BARRE**
WITH MANU

Please register in Member Portal for all classes.

Note the equipment policy:

- Bring your own yoga mat (for all classes who do core work as well) and small weights/bands if you have some
- Bring your own water bottle

Classes are subject to change.

INDOOR GYMNASIUM

6:30pm	PIYO WITH LISA	ZUMBA WITH STACEY	BODYPUMP WITH SANDY	CARDIO STRENGTH FUSION WITH SUSAN				

8:30am **KICKBOXING**
WITH AMY **TONE**
WITH SUSAN

10:00am **ZUMBA**
WITH HARMANI **VINYASA YOGA**
WITH SONIA

INDOOR LAP POOL

9:30am		AQUA FIT WITH PAM		AQUA FIT WITH MARRIETTE				
--------	--	-----------------------------	--	-----------------------------------	--	--	--	--

VIRTUAL ZOOM CLASSES

6:00am	C.S.B.C DRILLS WITH DARCY							
8:30am				INTENSE CORE WORKOUT WITH MANU				
10:00am	POWER YOGA WITH RACHEL			BODYWEIGHT STRENGTH WITH DARCY				
4:30pm	INTENSE CORE WORKOUT WITH MANU							
6:00pm				MUSCLE CONDITIONING WITH KARI				

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.

SEE THE ZOOM HOW-TO ON OUR WEBSITE:
workshealthclub.com/group-fitness

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			
9:00am	RPM VIRTUAL 50 MIN	CYCLE VIRTUAL 55 MIN	RPM VIRTUAL 30 MIN	RPM VIRTUAL 50 MIN	CYCLE VIRTUAL 50 MIN			
5:30pm	RPM VIRTUAL 60 MIN	CYCLE VIRTUAL 55 MIN	RPM VIRTUAL 30 MIN	CYCLE VIRTUAL 50 MIN	RPM VIRTUAL 50 MIN			

8:30am **CYCLE VIRTUAL**
50 MIN **CYCLE VIRTUAL**
50 MIN

Works Cycle Zone:

- Note signs in studio about which bikes are available for use.
- Sanitized bikes will be marked. See signage in studio.