

GROUP FITNESS

SCHEDULE EFFECTIVE AUGUST 28, 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
10:15am	EASY CARDIO FITNESS WITH ANN OR DARCY		FUNCTIONAL STRETCH WITH DARCY		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
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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	
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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				
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
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Works Cycle Zone:

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