




GROUP FITNESS

SCHEDULE EFFECTIVE SEPTEMBER 14, 2020

	MON	TUE	WED	THU	FRI	SAT	SUN
5:30am	HIIT CARDIO AMY		BODYPUMP™ SANDY	30 min STRENGTH & CORE DARCY			
5:45am	RPM™ ED	RPM™ VIRTUAL	RPM™ HARMANI	CYCLE VIRTUAL	RPM™ VIRTUAL		
7:00am						DEEP WATER KIM	
7:30am			VINYASA CATHY 				
8:00am			DEEP WATER KIM				
8:15am						RPM™ HARMANI	
8:30am		STRENGTH TO THE CORE DARCY		STRETCH & SHINE DARCY		HATHA YOGA 	CARDIO BARRE 
						CARDIO KICKBOX AMY	TONET™ HARMANI/SUSAN
							CYCLE VIRTUAL
9:00am	A.C.T. KARI	BODYPUMP™ HARMANI	HIIT & LIFT CORINNE 	TONET™ MARY	BODYPUMP™ MANU	NEW LOOK! FIND ALL GROUP FITNESS CLASSES ON ONE SCHEDULE! LOCATIONS COLOR CODED. SEE KEY ABOVE.	
	ZUMBA® HARMANI		DANCE FIT KARI				
	RPM™ AMY	CYCLE VIRTUAL	RPM™ MARY	RPM VIRTUAL	CYCLE VIRTUAL		
9:30am	AQUA FIT JESS/DARCY	AQUA FIT REBECCA		AQUA FIT MARIETTE			
10:00am						STEP SUSAN	BODYPUMP™ MANU/KARI
						ZUMBA® HARMANI	VINYASA YOGA 
10:30am	EZ CARDIO STREN. DARCY/ANN	TONET™ MARY	FUNCT. FITNESS DENNIS		HATHA YOGA PAM	Please register in Member Portal for all classes. Most classes are 45 minutes.	
	VINYASA YOGA LEE		FUNCT. STRETCH DARCY				
11:00am		WELLNESS COMBO REBECCA				Note the equipment policy: <ul style="list-style-type: none"> Bring your own yoga mat (for all classes who do core work as well) Bring your own water bottle 	
12:00pm		RPM VIRTUAL	TAI CHI VICKIE	RPM VIRTUAL		Classes and schedule are subject to change.	
4:30pm		STEP SARAH	CSBC MARY 			 NEW! Zoom VIRTUAL classes filmed during live classes as noted. Please note: technical difficulties may occur. Exercise at your own pace. Choose a safe space with sturdy footing. Access available to members only.	
5:30pm	HIIT CARDIO AMY			BODYPUMP™ KARI		Safe Commitment Commitment here: theworkhealthclub.com/ safecarecommitment	
		TONET™ SUSAN	CARDIO KICKBOX AMY				
	RPM VIRTUAL	CYCLE VIRTUAL	RPM VIRTUAL	CYCLE VIRTUAL	RPM VIRTUAL		
	YOGA CATHY 			ZUMBA® HARMANI			
6:30PM		HIIT & LIFT LISA 	TONET™ HARMANI				
6:45pm	BODYPUMP™ SANDY			CARDIO FUSION SUSAN		Works Cycle Zone: <ul style="list-style-type: none"> Note signs in studio about which bikes are available for use. Sanitized bikes will be marked. See signage in studio. 	
	PIYO LISA	ZUMBA® STACEY					
	RPM™ ED			POWER VINYASA KEITH			