



VIRTUAL CLASS SCHEDULE

January 11 - January 16

Click the name of the class to join us!

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Cycling Intervals Amy	To the Limit Devin	Tabata Gina	Les Mills Body Pump Mix Tiffany	Pilates, PushUps, & Planks Sara	Qi Gong Jeff
Strength Hilary	Senior Fitness Meghan	Zumba Megan	Senior Stability Krysten		

Schedule Key

Health & Wellness

Low Impact

Youth

Questions? Please contact your local branch by clicking [>HERE<](#)