



VIRTUAL CLASS SCHEDULE

November 16 - November 21

Click the name of the class to join us!

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Pound Rachel	Les Mills CXWORX Bethany	Total Body Toning Amy	Express Body Pump Kelly	Lower Body Bootcamp Tiffany	To the Limit Devin
Tabata Gina	Senior Fitness Lorin	Yoga Christy	Low Impact Mix Christine	Dance & Tone Kim	
ZUMBA Becky		Strength Hilary			

Schedule Key

Health & Wellness

Low Impact

Youth

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