



VIRTUAL CLASS SCHEDULE

September 14–September 19

Click the name of the class to join us!

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Total Body Toning Amy	Arms & Abs Kelly	Bootcamp Donald	Cardio Core Philip	Pound Barb	Yang Style 32 Movements Ch. 1–6 Jeff
ZUMBA Kids Carrie	Senior Balance Lorin	Full Body Stretch Kim E.	Dance Gold Barb	Dance & Ton Kim H.	
Strength Hilary	ZUMBA Christine	Les Mills CXWORX Tiffany			

Schedule Key

Health & Wellness

Low Impact

Youth

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