

Day	Class	Instructor	Time	Duration	Zoom Link
Monday	Pilates	Val	8:00 AM	60 minutes	Zoom Link
Monday	TBC	Val	9:00 AM	45 minutes	Zoom Link
Monday	Small Group Ride (limit 5 riders)	Chris	9:00 AM	45 minutes	NOTE: In Small Studio
Monday	Zumba® Express	Karen	4:30 PM	30 minutes	Zoom Link
Monday	Cardio Core	Karen	5:00 PM	45 minutes	Zoom Link
Monday	Cycling	Megan P	5:45 PM	45 minutes	
Tuesday	Yoga	Yvonne	8:00 AM	60 minutes	Zoom Link
Tuesday	Zumba®	Val	9:00 AM	45 minutes	Zoom Link
Tuesday	Small Group Ride (limit 5 riders)	Susanne	9:00 AM	45 minutes	NOTE: In Small Studio
Tuesday	Body Chisel	Joelle	10:00 AM	45 minutes	Zoom Link
Tuesday	TBC	Karen	5:00 PM	45 minutes	Zoom Link
Tuesday	TRX (limit 3 must book online)	Karen	5:45 PM	30 minutes	
Wednesday	Barre	Yvonne	8:00 AM	60 minutes	Zoom Link
Wednesday	Zumba®	Rachel	9:00 AM	45 Minutes	Zoom Link
Wednesday	TRX (limit 3 must book online)	Ann	9:00 AM	30 minutes	
Wednesday	Cardio Fusion	Ann	9:45 AM	45 minutes	Zoom Link
Wednesday	Zumba®	Karen	5:00 PM	45 minutes	Zoom Link
Wednesday	Chiselates	Karen	5:45 PM	45 minutes	Zoom Link
Thursday	Stretch Fusion	Val	8:00 AM	45 minutes	Zoom Link
Thursday	Zumba®	Val	9:00 AM	45 minutes	Zoom Link
Thursday	Small Group Ride (limit 5 riders)	Susanne	9:00 AM	45 minutes	NOTE: In Small Studio
Thursday	Body Chisel	Joelle	10:00 AM	45 minutes	Zoom Link
Thursday	Cycling	Megin I	5:30 PM	45 minutes	
Friday	Pilates	Val	8:00 AM	60 minutes	Zoom Link
Friday	TBC	Val	9:00 AM	45 minutes	Zoom Link
Friday	Zumba®	Karen	5:00 PM	45 minutes	Zoom Link
Saturday	Step	Yvonne	8:00 AM	45 minutes	Zoom Link
Saturday	Cycling	Yvonne	9:00 AM	45 minutes	
Saturday	TRX (limit 3 must book online)	Karen	9:00 AM	45 minutes	
Saturday	Zumba®	Karen	10:00 AM	45 minutes	Zoom Link
Saturday	Pilates	Karen	10:45 AM	45 minutes	Zoom Link
Sunday	TBC	Yvonne	8:00 AM	60 minutes	Zoom Link
Sunday	Cycling	Megin I	9:00 AM	45 minutes	

PASSWORD FOR ALL CLASSES: TWFC

TRX IS NOW FREE TO MEMBERS! Must book online.

\$12 for non-members