



SCHEDULE FOR TRAINING!

ONLINE . OUTDOORS . IN-GYM

Thank you so much for your patience as we work through this transition. I am sure you will love it once we get going! Your feedback is important, so any suggestions are welcome.

Your health, fitness and safety is always our priority!

MONDAY	CLASS	TRAINER	LOCATION
9:00am	Cross-Terraining	Heather	OUTDOOR
9:30am	Strength Training	Colleen	ZOOM/IN-GYM
10:15am	Move Well/Mobility	Heather	ZOOM/IN-GYM
11:15am	CORE Strength	Heather	ZOOM/IN-GYM
12:15am	Slow-Ga (Yoga)	Heather	ZOOM/IN-GYM
5:30pm	Upper Body Blast	Colleen	ZOOM/IN-GYM
TUESDAY			
6am	Upper Body Blast	Colleen	ZOOM/IN-GYM
9:15am	Over 50 Fun	Colleen	ZOOM
5:30pm	Strength/Outdoor	Brett	OUTDOOR/IN-GYM
WEDNESDAY			
8:30am	Whole Body	Colleen	ZOOM/IN-GYM
9:00am	Cross-Terraining	Heather	OUTDOOR
9:30am	Strength Training	Colleen	ZOOM/IN-GYM
10:15am	Move Well/Mobility	Heather	ZOOM/IN-GYM
11:15am	CORE Strength	Heather	ZOOM/IN-GYM
12:15am	Slow-Ga (Yoga)	Heather	ZOOM/IN-GYM
4:30pm	CORE Strength	Colleen	ZOOM/IN-GYM
5:30pm	Lower Body Blast	Colleen	ZOOM/IN-GYM
THURSDAY			
6:00am	Whole Body	Colleen	ZOOM/IN-GYM
9:15am	Over 50 Fun	Colleen	ZOOM
FRIDAY			
8:30am	Whole Body	Colleen	ZOOM/IN-GYM
9:00am	Cross-Terraining	Heather	OUTDOOR
9:30am	Circuit	Colleen	ZOOM/IN-GYM
10:15am	Move-Well/Mobility	Heather	ZOOM/IN-GYM
11:15am	CORE Strength	Heather	ZOOM/IN-GYM
12:15am	Slow-Ga (Yoga)	Heather	ZOOM/IN-GYM
SATURDAY			
9:00am	Sexy Saturday Circuit	Colleen	ZOOM/IN-GYM