

**Download & Sign Up for Classes
via the FITLAB FITNESS CLUB APP**

Group Fitness Director: Colleen Wharton - colleengymfit2021@gmail.com

MONDAY

9:00 - 10:00

9:00 am
Cardio Kickboxing
(Group X Room)
~ Colleen

TUESDAY

9:00 - 10:00

9:00 am
Muscle Conditioning
(Group X Room)
~ Tina

WEDNESDAY

9:00 - 10:00

9:00 am
Club Cardio Dance
(Group X Room)
~ Kait

THURSDAY

9:00 - 10:00

9:00 am
**HiiT/Interval
Training**
(Group X Room)
~ Colleen

FRIDAY

9:00 - 10:00

9:00 am
Cardio & Strength
(Group X Room)
~ Quinn

SATURDAY

9:00 - 10:00

9:00 am
Zumba
(Group X Room)
~ Karen

SUNDAY

9:00 - 10:00

9:00 am
Reps & Sets
(Group X Room)
~ Tina

5:00 - 7:00

5:00 pm
Spinning
(Spinning Room)
~ Eve

6:00 pm
Yoga
(Group X Room)
~ Rose

5:30 - 6:30

5:30 pm
Zumba
(Group X Room)
~ Karen

6:00 - 7:00

6:00 pm
Yoga
(Group X Room)
~ Rose

5:30 - 6:30

5:30 pm
Zumba
(Group X Room)
~ Amy

DAYCARE HOURS AVAILABLE

Monday - Saturday 8:30am - Noon
Monday, Tuesday & Wednesday 4:30pm - 7:30pm

**Follow us on
Social Media:**

 [fitlab_groupfitness](#)

 [FITLAB Group Fitness](#)

Winter Policy:

Morning Classes: No School or a Delay = No morning classes.

Evening Classes: Cancellations due to inclement weather will be posted on the FITLAB Group Fitness Facebook page or you may call the club.