

**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)  
~ Martina

**WEDNESDAY**

9:00 - 10:00

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

**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

5:30 - 7:00

5:30 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

5:00 - 7:00

5:00 pm  
**Cardio Kickboxing**  
(Group X Room)  
~ Martina

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

5:30 - 6:30

5:30 pm  
**Spinning**  
(Spinning Room)  
~ Martina

6:00 - 7:00

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

**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.