



# Zoom Virtual Class Schedule

Effective February 1, 2021

Each class is 45 minutes + 10 minutes after for socializing

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
8:00		Parkinsons		Parkinsons	Strength Training	Parkinsons	
8:30			CycleFit	Strength Training	Core	CycleFit	Athletic Conditioning
9:00		Healthy Hearts		Healthy Hearts		Healthy Hearts	
9:30	GentleFit	CircuitFit	Strength Training	HIIT	Kettlebell	Pilates	GentleFit
10:00							
10:30			Athletic Conditioning			Athletic Conditioning	Family Fitness
11:00		GentleFit	Zumba	GentleFit	Zumba		
12:00				CycleFit			
1:30			GentleFit			GentleFit	
2:00	Strength Training						Arriba
2:30				Yoga	Chair Yoga	Yoga	
5:00	Athletic Conditioning						
6:00		Pilates				Strength Training	Strength Training
7:00		Athletic Conditioning	Yoga	Arriba	Yoga	Arriba	Yoga