

Your virtual classes

Same great instructors with live group classes delivered through Zoom. Sign up online starting 72-hours before class start. Your link to join in will appear under My Upcoming Classes in your Online Services dashboard 10 minutes before class begins. Equipment is limited to simple items such as a chair (for Barre and Seniors Yoga classes) and a mat or towel (for Yoga). All classes (except Group Training and Pilates Courses in grey) are free to active members.

ZOOM	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
6:00			Group Training <i>Ruel</i>	Total Body Tabata <i>Shelly</i>	Group Training <i>Various</i>		
7:45						Group Training <i>Various</i>	
8:00	Spice It Up <i>Shelly</i>						
9:00	Total Body Tabata <i>Shelly</i>	Abs, Glutes & More <i>Linda</i>	Mod Intensity Intervals <i>Shelly</i>	Cardio Combo Challenge <i>Gail</i>	Yoga for Seniors <i>Rhonda</i>	Spice It Up <i>Shelly /Cheryl</i>	Group Training <i>Various</i>
10:15		Prime Time Cardio <i>Raul</i>		Prime Time Cardio <i>Gail</i>	Prime Time Cardio <i>Raul</i>		
10:30	Yoga Yin (Hatha) <i>Tiffany</i>		Yoga Flow <i>Nicole</i>				
11:15					Strength & Stretch Wellness <i>Consultant</i> 30 min		
12:00	Group Training <i>Adrian</i>		Group Training <i>Ashley</i>		Group Training <i>Ruel</i>		
1:00	PACE <i>Raul</i>			PACE <i>Raul</i>			
4:30	Booty "Barre" <i>Cheryl</i>	Low Impact & Toned <i>Shelly</i>	Pump Fix <i>Cindy</i>				
5:30	Pilates Mat Myofascial Plus <i>Cheryl - \$40</i> <i>(Feb 22-Mar 15)</i>	Yoga Vinyasa Flow <i>Cheryl</i>	Group Training <i>Jessica</i>	Abs & Glutes <i>Brenda</i>	Group Training <i>Jessica</i>	Cardio & Strength <i>Brenda</i>	
5:45			Pilates Mat Essential <i>Cheryl - \$40</i> <i>(Feb 24-Mar 17)</i>				
6:45	Group Training <i>Shayla</i>						
7:00		Group Training <i>Jessica</i>		Group Training <i>Jessica</i>			