

GROUP FITNESS SCHEDULE FALL 2021 | OCTOBER



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
6AM - GYM STRENGTH & CONDITIONING <i>ADREAN</i>	9AM - VIRTUAL BARRE SCULPT <i>KRISTEN</i>	6AM - GYM STRENGTH & CONDITIONING <i>ADREAN</i>	9:45AM - VIRTUAL SPRK® BEAT DRIVEN STRENGTH <i>KRISTEN</i>	7AM - GYM HIIT EXPRESS <i>JADE</i>	9AM - VIRTUAL COMMUNITY YOGA (OPEN TO ALL) <i>KRISTI</i>
9AM - MPR BARRE FUSION <i>KRISTEN</i>	9:45AM - VIRTUAL SPRK® BEAT DRIVEN STRENGTH <i>KRISTEN</i>	9AM - VIRTUAL BARRE FUSION <i>KRISTEN</i>	10AM - GYM TAI CHI MBB <i>CATHERINE</i>	9AM - VIRTUAL YOGA <i>TINA</i>	9:15AM - OUTSIDE AQUALAND <i>OTTER</i>
10AM - MPR ZUMBA® TONING <i>KRISTEN</i>	10AM - GYM TAI CHI MBB <i>CATHERINE</i>	9:15AM - MPR CARDIO DANCE <i>KARLYN</i>	11:15AM - GYM AOA FIT <i>CATHERINE</i>	10AM - VIRTUAL TOTAL BODY CONDITIONING <i>TINA</i>	9:30AM - MPR CARDIO CORE <i>ERIKA</i>
5:30PM - VIRTUAL CARDIO TONE <i>ERIKA</i>	11:15AM - GYM AOA FIT <i>CATHERINE</i>	10:15AM - MPR ESSENTRICS <i>EMILY</i>	6PM - MPR ZUMBA® <i>MARLON</i>	11AM - GYM QIGONG <i>CATHERINE</i>	
6PM - VIRTUAL TAI CHI LONG FORM <i>ALEXIA</i>	1PM - MPR STRETCH AND STRENGTHEN <i>JASON</i>	11AM - VIRTUAL GENTLE YOGA <i>TINA</i>		11AM - MPR STRETCH AND STRENGTHEN <i>JASON</i>	
	6PM - MPR ZUMBA® <i>MARLON</i>	11AM - GYM HIIT EXPRESS <i>JADE</i>			
		6PM - VIRTUAL TAI CHI LONG FORM <i>ALEXIA</i>			

TRY OUR NEW FALL CLASSES!

BOOT CAMP EXPRESS

11-11:30am Wed & 7-7:30am Fri

STRETCH & STRENGTHEN

1-1:45pm Tues & 11-11:45am Fri