

Virtual Group Fitness Classes: September 8-November 20

Monday's	Gentle Yoga <i>with Cadence</i> 5:00-5:45 pm	Join Zoom: shorturl.at/zLZ01
	H.I.I.T. <i>with Cristina & Jenna</i> 6:30-7:00 pm	Join Zoom: shorturl.at/bmnoA
Tuesday's	H.I.I.T. <i>with Lauren</i> 6:30-7:00 am	Join Zoom: shorturl.at/bgGZ3
	Pilates <i>with Kirstin</i> 5:00-5:45 pm	Join Zoom: shorturl.at/cqDH1
	Advanced Yoga <i>with Tess</i> 6:00-7:15 pm	Join Zoom: shorturl.at/slQR7
	H.I.I.T. <i>with Cristina</i> 7:30-8:00 pm	Join Zoom: shorturl.at/xJPY3
Wednesday's	Extreme Core <i>with Kaitlyn</i> 6:30-7:00 am	Join Zoom: shorturl.at/ntPZ1
	Upper Body Blast <i>with Sara</i> 5:30-6:15 pm	Join Zoom: shorturl.at/eQSZ2
Thursday's	Barre <i>with Ashley</i> 8:00-8:45 am	Join Zoom: shorturl.at/fluDH
	Buttz & Gutz <i>with Kaitlyn</i> 5:30-6:15 pm	Join Zoom: shorturl.at/bkAGM
	Zumba <i>with Abbie</i> 6:30-7:15 pm	Join Zoom: shorturl.at/qvD15
	Total Body Toning <i>with Jenna</i> 7:30-8:15 pm	Join Zoom: shorturl.at/cjnpt
Friday's	Strong Nation <i>with Joe</i> 5:30-6:00 pm	Join Zoom: shorturl.at/ektu5