

Virtual Fitness Classes

January 6-21

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
8:30-9:30 am		Zumba Emma		Zumba Emma	
10:30-11:15 am	Vitality Plus Kirsten	PowerPump Carla	Bootcamp Kirsten	Vitality Strength Carla	Vitality Plus Carla
11:30 am-12:15 pm		Basic Yoga Rhona			Zumba Kathy
5:30-6:15 pm				Core Yoga Rhona	
6:00-7:00 pm	Zumba Emma		Zumba Emma		
6:16-7:15 pm		Mindful Meditation Karl			