

VIRTUAL LIVE GROUP EXERCISE SCHEDULE

JANUARY 1-31

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
8 - 8:45 a.m. STRETCH & STRENGTH AMY	5:30 - 6:15 a.m. TONE & SCULPT AMY	8 - 8:45 a.m. CARDIO BARRE AMY	5:30 - 6:15 a.m. HIIT AMY	5:30 - 6:15 a.m. CARDIO BARRE CHRIS	9:15 - 10 a.m. CARDIO PUMP AMY
9:15 - 10 a.m. TOTAL BODY WORKOUT AMY	8 - 8:45 a.m. STRETCH CHRIS	9:15 - 10 a.m. DANCE FITNESS CHRIS	6 - 7 p.m. P90X CASSY	9:15 - 10 a.m. CONDITIONING & CORE ADRIANE	SUNDAY
	9:15 - 10 a.m. TONE & SCULPT AMY	7:00 - 7:45 p.m. CARDIO JAM SHASTA			
	6 - 6:45 p.m. CONDITIONING & CORE CASSY				10:30 - 11:15 a.m. STRETCH & STRENGTH CHRIS

This schedule is subject to change. ALL classes are FREE for members as a benefit, require registration and can be made at anytime. Once registration is complete, a confirmation email with a link to the class will be sent.