

GROUP EXERCISE CLASS SCHEDULE

Email grouplexercise@waysideathleticclub.com

on Sunday of each week to register for class.

Late arrivals will not be allowed to enter class. Late cancelations and no shows will be charged \$20.

Effective December 29, 2020

| MON | TUES | WED | THURS | FRI | SAT | SUN |
|--|--|---|---|--|-----|--|
| <p>9-9:45am Lo Impact Strength with Jen</p> <p>10:15 - 11am Lo Impact Strength with Jen</p> <p>6-7pm Barbell Power with Heather</p> | <p>6-7pm Cycle with Deb</p> | <p>7-8am Cycle with Stephanie</p> <p>10-10:45am Lo Impact Strength with Kris</p> <p>11:15 -12 Lo Impact Strength with Kris</p> <p>6-7pm Chisel with Mel</p> | <p>8:10am Zoom Meditation</p> <p>8:30-9:30am Zoom Yoga with Meredith</p> <p>10am ZOOM Lo Impact Strength with Gina</p> <p>6-6:45pm Cycle with Robin</p> <p>7-7:45pm SHRED with Robin</p> | <p>7-8am FIT Cycle with Mel</p> | | <p>8-9am Cycle with Stephanie</p> |

Do your part. Workout Smart. Sanitize all equipment before and after use.

Practice "Social Fitnessing" and stay 14 feet apart while in the studio.