

2020 June Fitness Group Ex Schedule*

Marilyn Fox Building - Chesterfield

Day	Time	Class	Instructor
Monday	6:00am	Strength & Mobility	Val
	7:30am	Stretch	Val
	4:30pm	Barre	Leigh
	6:00pm	HIGH Fitness	Sarah
Tuesday	6:00am	50/50	Alana
	7:30am	Core Fusion	Barb
	5:00pm	Core 45	Carley
	6:00pm	Pilates	Monica
Wed.	7:30am	Cardio Intervals	Anna
	6:00pm	Barre	Monica
Thursday	6:00am	50/50	Alana
	7:30am	Core Fusion	Lynda
	4:30pm	Core Fusion	Leigh
	6:00pm	Stretch	Leigh
Friday	7:30am	Stretch	Lynda
Saturday	8:30am	Total Conditioning	Dave
	11:30am	Zumba	Gaby
Sunday	7:45am	Poolside Yoga	Carley
	9:00am	Core & Cardio Intervals (45m)	Susan
	11:30am	Pilates	Lynda

Note:
All classes will be held in the Gym

Important Class Notes - Please Read

- Classes will be limited to nine participants
- Members must reserve their spot for classes online
- Spots can be reserved beginning 48 hours in advance of a class until one hour prior to the start time
- Participants should maintain at least six feet from others in class
- Participants will need to bring their own mat if taking a class that requires one
- Participants will need to bring their own water bottle and towel. Water fountains cannot be used per county guidelines
- All classes are subject to change

*updated 6/11/2020

