

2020 July Fitness Group Ex Schedule*

Marilyn Fox Building - Chesterfield

Day	Time	Class	Instructor
Monday	7:30am	Tabata	Kim V.
	6:00pm	HIGH Fitness	Sarah
Tuesday	6:00am	50/50	Alana
	7:30am	Core Fusion	Barb
	9:30am	Aqua Flow (indoor pool)	Nancee
	5:00pm	Core 45	Carley
	6:00pm	Pilates	Monica
Wednesday	7:30am	Cardio Intervals	Anna
	5:15pm	Strength & Stretch 30 (30m)	Carley
	6:00pm	Barre	Monica
Thurs.	6:00am	50/50	Alana
	9:30am	Aqua Flow (indoor pool)	Nancee
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

Note:
All classes will be held in the Gym

Classes start on time. Members with reservations will have a five-minute grace period, after which we may fill open spaces.

Important Class Notes - Please Read

- Classes will be limited to nine participants
- Members must reserve a spot 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

