

2020 Fall Fitness Group Ex Schedule*

Marilyn Fox Building - Chesterfield

Day	Time	Class	Instructor	Location
MON	8:30am	Tabata	Kim V.	Gym
	5:30pm	HIGH Fitness	Sarah	Gym
TUES	6:00am	50/50	Alana	Gym
	7:30am	Core Fusion	Barb	Gym
	9:30am	Aqua Flow	Nancee	Indoor Pool
	6:00pm	Pilates	Monica	Gym
WED	7:30am	Cardio Intervals	Anna	Gym
	8:45am	Gentle Yoga (begins 10/14)	Carley	Gym
	9:30am	Zumba Gold	Gaby	Parking Lot
	10:30am	Zumba	Gaby	Parking Lot
	6:00pm	Barre	Monica	Gym
THUR	6:00am	50/50	Alana	Gym
	8:30am	Cardio Pump	Susan	Gym
	9:30am	Aqua Flow	Nancee	Indoor Pool
FRI	1:00pm	T'ai Chi (begins 10/16)	Craig	Parking Lot
SAT	8:30am	Total Conditioning	Dave	Gym
	11:30am	Zumba	Gaby	Gym
SUN	9:00am	Core & Cardio Intervals (45m)	Susan	Gym

NEW OUTDOOR GROUP EX CLASSES

New classes appear in blue highlight and are weather permitting. If weather is an issue, you can find the classes virtually.

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

Red indicates new class, time and/or instructor.

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

OUTDOOR CLASSES

- If Zumba or Zumba Gold is cancelled due to weather, those with a reservation will be notified via email.
- If Tai Chi is affected by weather, it will be relocated to the gym.

*updated 10/5/2020

