

2020 Fall Fitness Group Ex Schedule*

Marilyn Fox Building - Chesterfield

Day	Time	Class	Instructor	Location
MON	8:30am	Tabata	Kim V.	GX Studio
	9:30am	Express Sculpt (30m)	Kim V.	GX Studio
TUES	6:00am	50/50	Alana	GX Studio
	7:30am	Core Fusion	Barb	GX Studio
	9:30am	Aqua Flow	Nancee	Indoor Pool
	6:00pm	Pilates	Monica	GX Studio
WED	7:30am	Cardio Intervals	Anna	GX Studio
	6:00pm	Barre	Monica	GX Studio
THUR	6:00am	50/50	Alana	GX Studio
	8:30am	Cardio Pump	Susan	GX Studio
	9:30am	Aqua Flow	Nancee	Indoor Pool
FRI	1:00pm	T'ai Chi	Craig	GX Studio
SAT	8:30am	Total Conditioning	Dave	GX Studio
	11:30am	Zumba	Gaby	GX Studio
SUN	9:00am	Core & Cardio Intervals (45m)	Susan	GX Studio

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 are limited to eight (8) participants in the group ex studio
- Members must reserve a spot online
- Late arrivals are not permitted in class after 10 minutes
- 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
- **Masks must be worn at all times, even during exercise.**
- **Mask can only be removed when in the pool.**

*updated 11/17/2020

