

it's time! Virtual Schedule Updated Sept 13, 202

Red = Starting Out Green = All Levels Orange = A Notch Up

Register for classes using MindBody or your browser. Registration for virtual group classes closes 15 minutes prior to start time. You will receive a Zoom meeting ID and link to enter before the class. Arrive no earlier than 5-10 minutes before class please.

TIME		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6 a.m.	00							
	15							
	30							
	45							
7 a.m.	00	VIRTUAL STRONGER TOGETHER Lyndsay				VIRTUAL STRONGER TOGETHER Lyndsay		
	15							
	30							
	45							
8 a.m.	00	VIRTUAL BODYWEIGHT Lyndsay		VIRTUAL GLUTE LAB Sheila		VIRTUAL BODYWEIGHT Lyndsay		
	15							
	30							
	45							
9 a.m.	00							
	15	VIRTUAL KETTLEBELL CONDITIONING Lyndsay	VIRTUAL LIFT, SWEAT, SMILE REPEAT Sheila	VIRTUAL SWEAT SESH Sheila	VIRTUAL LIFT, SWEAT, SMILE REPEAT Lyndsay	VIRTUAL KETTLEBELL CONDITIONING Sheila	VIRTUAL GLUTE LAB Sheila	
	30							
	45							
00								
10 a.m.	00							
	15							
	30	VIRTUAL BACKSTRONG Lyndsay	VIRTUAL STRETCH & CORE Sheila	VIRTUAL BACKSTRONG Sheila	VIRTUAL STRETCH & CORE Lyndsay	VIRTUAL BACKSTRONG Sheila	VIRTUAL STRETCH & CORE Sheila	
	45							
00								
15								
11 a.m.	00							
	15							
	30							
	45							
12 p.m.	00							
	15							
	30							
	45							
1 p.m.	00							
	15			VIRTUAL HIIT Lyndsay		VIRTUAL HIIT Lyndsay		
	30							
	45							
00								
2 p.m.	00							
	15							
	30							
	45							
3 p.m.	00							
	15							
	30							
	45							
4 p.m.	00							
	15							
	30							
	45							
5 p.m.	00							
	15							
	30							
	45							
6 p.m.	00							
	15							
	30							
	45							

Group Skill Levels

Red Starting Out

Everybody is welcome and best for anyone overcoming pain or injury, or new to fitness.

All Levels

For anyone with no current acute pain or injury that would prevent them from performing exercise. Has an understanding of basic movements (planks, deadlift, squat).

Pick It Up a Notch

No current pain or injury. Has familiarity with basic skills and has a capacity to work at a moderate intensity when required or modify to suit your fitness level.