

# GROUP CLASSES

HEALTHYFIT

## MON

6:15A - 7:00A

**TOTAL BODY H**

Tamicka

8:00A - 8:45A

**ZUMBA® P/H**

Yeye

9:30A - 10:15A

**CARDIO FUSION S**

Jamie

9:30A - 10:30A

**POWER HIIT (Z)**

Cecilia

4:15P - 5:00P

**STRENGTH S**

Jamie

5:15P - 6:00P

**STUDIO CYCLE S**

Vanessa

5:15P - 6:00P

**UPPER CUTS + ABS (Z)**

Cecilia

6:15P - 7:00P

**BARRE P/H**

Stacy

7:15P - 8:00P

**STUDIO CYCLE S**

Cecilia

7:15P - 8:00P

**CARDIO DANCE P**

Stacy

## TUE

8:30A - 9:30A

**TOTAL BODY (Z)**

Jess

9:30A - 10:15A

**CARDIO BOX P/H**

Cecilia

10:30A - 11:30A

**BARRE (Z)**

Cecilia

12:15P - 1:00P

**LOW IMPACT TOTAL BODY S**

Jamie

5:30P - 6:00P

**XPRESS P**

Cecilia

5:30P - 6:15P

**SCULPT (Z)**

Jess

6:15P - 6:55P

**CHISEL P**

Cecilia

7:00P - 7:45P

**SCULPT S**

Jamie

8:00P - 8:45P

**ZUMBA® H**

Angelica

## WED

6:30A - 7:30A

**TOTAL BODY (Z)**

Stacy

8:15A - 9:00A

**ZUMBA® P/H**

Yeye

9:15A - 10:00A

**BOOTCAMP P**

Jess

9:30A - 10:30A

**FITBARRE (Z)**

Cecilia

1:30P - 2:30P

**YOGA (Z)**

Judy

4:30P - 5:15P

**TOTAL BODY P/H**

Jamie

5:15P - 6:00P

**HIIT P**

Vanessa

5:30P - 6:30P

**TKO (Z)**

Cecilia

6:15P - 7:00P

**STUDIO CYCLE S**

Vanessa

6:30P - 7:30P

**CORE (Z)**

Cecilia

7:30P - 8:15P

**ZUMBA® H**

Yeye

## THU

8:00A - 8:45A

**ZUMBA® P/H**

Yeye

9:30A - 10:15A

**STRENGTH P/H**

Cecilia

10:30A - 11:15A

**STUDIO CYCLE S**

Cecilia

5:30P - 6:30P

**SHRED (Z)**

Cecilia

5:45P - 6:30P

**MINDFUL VINYASA FLOW S**

Liz

6:45P - 7:25P

**CARDIO KICKBOX P/H**

Cecilia

7:45P - 8:30P

**ZUMBA® H**

Yeye

## FRI

7:00A - 7:45A

**HIIT P/H**

Jess

8:30A - 9:15A

**\*BARRE H**

Jess

9:30A - 10:30A

**CARDIO BLAST (Z)**

Cecilia

11:00A - 12:00P

**ZUMBA® (Z)**

Angelica

12:30P - 1:15P

**BALANCE & STRENGTH S**

Jamie

5:30P - 6:15P

**SLOW BURN P/H**

Jamie

6:30P - 7:30P

**GENTLE YOGA (Z)**

Liz

## SAT

8:00A - 8:45A

**ZUMBA® (Z)**

Yeye

8:30A - 9:15A

**TOTAL BODY P**

Jamie

9:30A - 10:15A

**FITBARRE P/H**

Cecilia

10:30A - 11:15A

**CARDIO HIIT P**

Cecilia

10:30A - 11:30A

**SCULPT (Z)**

Jess

11:30A - 12:15P

**STUDIO CYCLE S**

Cecilia

12:30P - 1:15P

**VINYASA FLOW S**

Liz

## SUN

8:00A - 8:45A

**ZUMBA® H**

Angelica

9:00A - 9:45A

**STUDIO CYCLE S**

Vanessa

10:00A - 11:00A

**YOGA (Z)**

Judy

10:00A - 10:45A

**TOTAL BODY P**

Vanessa

12:30P - 1:15P

**STRETCH & SCULPT H**

Jamie

**S** HF STUDIO  
max capacity: 10

**P** HF PARKING LOT  
max capacity: 24

**(Z)** ZOOM LIVE

**H** HYBRID: Studio + Live  
max studio capacity: 10

### \*HF LOT / HF STUDIO:

Reservation required through iclub online | non-members \$20/class.  
Bring your own mat, towel, water, mask, sanitizer.  
ALL social distance rules must be followed.

### ZOOM LIVE CLASSES:

If your membership is active, we'll send the ID/Password your way!

### WEATHER CHANGES:

When the weather is in the low 40's and not conducive for outdoor classes, those marked P/H will be moved to the studio and streamed live on Zoom. Please remember to cancel your reserved spot if you decide to join the live stream. For the most up to date info on weather related class changes, call the club or check the website