

# Labor Day

# SUPER SWEAT FEST

Modified Group Fitness Schedule | Monday, September 2, 2019

## STUDIO 1

TIME	CLASS	INSTRUCTOR
8:30 - 9:15 AM	BODYATTACK Express	Jen Fanaro
9:20 - 10:20 AM	BODYPUMP	Chrystine Mitchell

## WELLNESS STUDIO (MAIN FLOOR)

TIME	CLASS	INSTRUCTOR
9:00 - 9:45 AM	Athletic Barre	Tammy Partsch

**IMPORTANT:** This fee-based class is FREE on Labor Day to the first 10 members to sign up. Email Sarah Vecchio, [svecchio@bodyzonesports.com](mailto:svecchio@bodyzonesports.com) to reserve your spot.

## MINDBODY STUDIO

TIME	CLASS	INSTRUCTOR
8:30 - 9:30 AM	BODYFLOW	Val Deibler
9:30 - 10:30 AM	ZUMBA	Jenni Bower

## AGILITY ROOM

TIME	CLASS	INSTRUCTOR
9:00 - 10:00 AM	Senior Advanced Cardio	Susan Weik

## CYCLING STUDIO

TIME	CLASS	INSTRUCTOR
8:30 - 9:45 AM	Labor Day Long Ride	Mary McHale

### PLEASE NOTE:

No Aqua Fitness classes due to Open Swim from 7:00 AM - 12:30 PM.

Regularly scheduled group fitness classes will not be taking place.

[bodyzonesports.com/groupfitness](http://bodyzonesports.com/groupfitness)

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