

Labor Day

SUPER SWEAT FEST

Modified Group Fitness Schedule | Monday, September 7, 2020

- Special Hours Of Operation For Fitness: 7:00 AM - 1:00 PM
- All regularly scheduled classes will not be held.
- Class sizes are limited.
- Class reservations required! Please save your spot via our new app or on desktop via bodyzonesports.com/groupfitness
- New safety guidelines in effect too. Learn more: bodyzonesports.com/groupfitness

STUDIO 1

TIME	CLASS	INSTRUCTOR
8:30 - 9:30 AM	BODYPUMP	Amy Heim
9:45 - 10:45 AM	BODYSTEP	Tammy Partsch
11:00 - 11:30 AM	CXWORX	Jen Fanaro

RINK 2

TIME	CLASS	INSTRUCTOR
9:30 - 10:00 AM	SPRINT	Sarah Vecchio

BASKETBALL COURT

TIME	CLASS	INSTRUCTOR
9:00 - 10:00 AM	Zumba	Nicole Meckley
10:15 - 11:00 AM	Circuit for Older Adults (does not require booking)	Edwena Miller

OUTSIDE

TIME	CLASS	INSTRUCTOR
8:30 - 9:15 AM	Outside HIIT	Connor Sausser

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