

Modified Group Fitness Schedule For: Memorial Day, Monday, May 27, 2024

Please note:

- All regularly scheduled classes will not be held
- Memorial Day hours: 7:00 AM - 1:00 PM

REP ROOM: \$5/class

7:15 and 9:15 am with Lauren Ressler

Studio 1:

8:30-9:15 am: BODYSTEP 45 with Tammy Partsch

9:30-10:30 am: BODYPUMP with Lauren Marrone

Blue Studio:

9:30-10:15 am: Cycle 45 with Jen Fanaro

Mind Body Studio:

9:00-10:00 am: Zumba with Jean Rojas

Pool: \$5/class

9:00-9:45 am: Aqua Zumba with Alison Snyder

Basketball Court (Active Aging)

9:00-10:00 am: Circuit and Stretch with Melissa Voler

Rock Steady Boxing:

8:00-9:00 am: Level 1/2 with Lauren Ressler

>>1:30 pm Level 3/4 will not be held

Don't forget! Classes must be reserved in advance via member portal/app.

