

VIRTUAL LIVE CLASS SCHEDULE



September 5 - December 22, 2023

Time	Monday	Tuesday	Wednesday	Thursday	Friday
8:00AM ATLANTIC 7:00AM EASTERN 5:00AM MOUNTAIN 4:00AM PACIFIC		Ride RON		Ride MIA	
8:15AM ATLANTIC 7:15AM EASTERN 5:15AM MOUNTAIN 4:15AM PACIFIC	Active LISA C.	Strength DEB	HIIT AMANDA	Zen LISA C.	Strength KYLA
12:30AM ATLANTIC 11:30AM EASTERN 9:30AM MOUNTAIN 8:30AM PACIFIC	Stretch >> KYLA	Stretch KYLA	Stretch PARVISH	Stretch KYLA	Stretch KYLA
1:05PM ATLANTIC 12:05PM EASTERN 10:05AM MOUNTAIN 9:05AM PACIFIC	HIIT BRENDA	ZUMBA KARMIEL	Active BRENDA	Core KYLA	Strength CORY
2:30PM ATLANTIC 1:30PM EASTERN 11:30AM MOUNTAIN 10:30AM PACIFIC	Mind MAT	Mind MAT	Mindful Eating >> AMANDA	Mind MAT	Mind MAT
3:05PM ATLANTIC 2:05PM EASTERN 12:05PM MOUNTAIN 11:05AM PACIFIC	Active AMANDA	Zen PAUL	Strength ANN	Long & Lean >> AMANDA	HIIT ANN
5:30PM ATLANTIC 4:30PM EASTERN 2:30PM MOUNTAIN 1:30PM PACIFIC			Zen TRINH		
6:45PM ATLANTIC 5:45PM EASTERN 3:45PM MOUNTAIN 2:45PM PACIFIC		Turbo Kick >> RIVKY <small>EN/FR</small>		ZUMBA RIVKY <small>EN/FR</small>	
8:15PM ATLANTIC 7:15PM EASTERN 5:15PM MOUNTAIN 4:15PM PACIFIC	Strength LISA S. <small>EN/FR</small>		Active LISA S. <small>EN/FR</small>		

>> Indicates NEW Class Series - 8 weeks of progressive programming.
[CLICK HERE](#) to learn more about our Series!

Register and join classes via the [myFitness Member Portal](#) or App.

No classes on October 9, 2023

All sessions stream on Zoom. The passcode to join is **virtual**.

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	Description	Equipment Required
Active	An all in one workout including cardio, strength, core and stretching - get ready to move.	- 2 hand weights - 1 resistance band - 1 mat
Core	A strong core consists of more than just ab exercises, join this class to hit all angles of your core!	- 2 dumbbells - 1 mat
HIIT	Get ready for some high intensity interval training! This class will be driven by a tabata interval style (20:10) or class HIIT (45:15).	- 1 mat
Mind	Take time out of your day to focus on yourself in this immersive guided mindfulness session as you connect your body to mind.	Headphones are recommended.
Strength	Just strength, no cardio. This class will be focused on pure strength, form and proper muscle activation. Watch for the notice of lower body, upper body or fully body!	- 2 dumbbells - 1 mat - 1 resistance band
Stretch	Follow along for a full body stretch and head back into your day feeling refreshed and revived.	- 1 mat
Ride	Time to get sweaty on your favorite piece of cardio equipment. This class will provide guidance for intensity levels on any piece of cardio machine. (Spin bike, treadmill, rower etc.).	Any piece of cardio equipment (I.E. - spin bike, treadmill, rower, cross trainer, etc.)
Zen	This yoga inspired class will get your full body flowing through vinyasa and holding some longer stretches. Revitalize your body with this class!	- 1 mat
ZUMBA	We take the "work" out of workout, by mixing low-intensity and high-intensity moves for an interval-style, calorie-burning dance fitness party.	- enough space to dance.

Group Classes Etiquette:

- Please try to arrive on time for class.
- All live streaming group classes are streamed via Zoom. Please ensure you have Zoom installed prior to you session.
- Please come prepared with the recommended equipment list above.
- If you register for a sessions, please try to ensure you attend. If you are not able to attend, please remember to cancel your reservation.
- Please ensure your microphone is off during class unless you require assistance or have a question.