

Virtual Fitness Class Schedule

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
7:00 AM		Gentle Yoga Live! Chris	Total Core Live! Melissa				
8:30 AM	Ultimate Conditioning Live! Kelly	Total Tabata Live! Chrissy		Ultimate Conditioning Live! Kelly		Barre Live! Crystal	Athletic Step Live! Melissa
10:00 AM		Silver Sneakers Classic Live! Crystal	Chair Yoga Live! Linda	Silver Sneakers Classic Live! Crystal	Chair Yoga Live! Linda	EnerChi Live! Crystal	
6:00 PM					Slow Flow Yoga Live! Libby		

