

Group Fitness Schedule *effective January 4 - April 3, 2021**

*Please note we are closed on Easter Sunday, April 4.

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6-7 a.m. Virtual Group Centergy Jesse	6-7 a.m. Virtual Group Power Leslie	6-6:30 a.m. Virtual R30 Leslie	6-7 a.m. Virtual Group Power Nikki/Erika		6:45-7:45 a.m. Virtual Group Ride Jesse	
8-8:30 a.m. Virtual R30 Nikki		7-7:30 a.m. Virtual Group Core Leslie		8-8:30 a.m. Virtual R30 Diana	8-9 a.m. Outdoor Boot Camp Katie/Erika	
	9:30-10:15 a.m. Virtual Boot Camp Katie	8:30-9:30 a.m. Virtual Yoga Sara			8:15-9:15 a.m. Virtual Group Power Jesse	8:15-9:30 a.m. Virtual Cycling Challenge Jandra
9-10 a.m. Virtual Group Fight Nikki/Erika	10:30-11:30 a.m. Virtual Group Active Diana		10:15-11 a.m. Virtual Zumba Jandra	9-9:45 a.m. Virtual Pilates Mat Cori	9:30-10:30 a.m. Virtual Group Groove Erin/Kerry	9:30-10:30 a.m. Virtual Group Blast Sophia/Carmen
10:30-11:30 a.m. Virtual Gentle Yoga Jessie	11:30 a.m.-noon Virtual Meditation Lin	10-11 a.m. Virtual Group Groove Francie	11:15 a.m. - 12:15 p.m. Virtual Yoga Lisa	10:30-11:15 a.m. Virtual Stretch & Tone Diana	10:45-11:45 a.m. Virtual Yoga Lisa	10:45-11:45 a.m. Virtual Group Centergy Erika/Nikki
11:30 a.m.- 12:30 p.m. Virtual Group Power Francie	11:35 a.m.- 12:05 p.m. Move 30 Diana	11:15 a.m.-noon Virtual Barre Concepts Katie	12:15-1 p.m. Outdoor Boot Camp Lizzie	Noon-1 p.m. Virtual Tai Chi Chuan Lin		
12:30-1:15 p.m. Virtual Chair Fitness Leslie	12:15-12:45 p.m. Virtual R30 Francie	12:30-1:30 p.m. Virtual Chair Yoga Tim/Lin	12:30-1:15 p.m. Virtual Stretch & Tone Jandra		12:30-1:30 p.m. Virtual Chair Yoga/ Move to Heal Sara	
4:45-5:45 p.m. Virtual Group Blast Dannah	4:30-5:15 p.m. Virtual Stretch & Tone Jandra	4:30-5:15 p.m. Virtual Pilates Mat Cori/Laura	4:30-5:30 p.m. Virtual Group Ride Shannon	4-5 p.m. Virtual Group Fight Francie/Sophia		
6-7 p.m. Virtual Yoga Jessie	5:45-6:45 p.m. Virtual Group Fight Sophia	5:30-6:30 p.m. Virtual Group Power Diana	6-7 p.m. Virtual Group Active Katie	5-6 p.m. Virtual Zumba Martha		
7:05-8:05 p.m. Virtual Group Ride Jesse	7-8 p.m. Virtual Group Groove Lindsay/Kerry	7-8 p.m. Virtual Group Blast Lora/Retha	7-8 p.m. Virtual Group Centergy Erika/Nikki	6-7 p.m. Virtual Yoga Shannon		

For more information or to sign up for a class visit <https://galterlifecenter.org/fitnessclasses/details/virtual-group-fitness>



Galter LifeCenter

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