

Virtual Group Fitness Schedule effective October 1-December 31, 2021

Hybrid classes take place in Studio 1. Virtual members may attend hybrid classes via Zoom only.

For more information or to sign up for a class, visit galterlifecenter.org

*All new additions and changes to the previous version of the Group Fitness class schedule are marked with a star.

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:55-6:25 a.m. *Hybrid R30 Jesse		*5:55-6:25 a.m. Hybrid R30 Leslie		6-7 a.m. *Hybrid Group Centergy Jesse		
6:30-7 a.m. *Hybrid 3D30 Jesse	6-7 a.m. Hybrid Group Power Leslie	*6:30-7 a.m. Hybrid Group Core Leslie	6-7 a.m. Hybrid Group Power Nikki	8-8:30 a.m. Hybrid R30 Diana	6:45-7:45 a.m. Hybrid Group Ride Jesse	
8-8:30 a.m. Hybrid R30 Nikki	9-10 a.m. Hybrid Yoga Erikka	*8:20-9:15 a.m. Hybrid Group Ride Jesse		*8:40-9:10 a.m. Hybrid Move 30 Diana	8:15-9:15 a.m. Hybrid Group Power Jesse	*8-9 a.m. Hybrid Cycling & Abs Jandra
*8:40-9:10 a.m. Hybrid Group Core Nikki	9:30-10:15 a.m. Virtual Boot Camp Katie	9-10 a.m. Virtual Yoga Sara		9-9:45 a.m. Virtual Pilates Mat Cori		
*9:15-10:15 a.m. Hybrid Group Fight Nikki/Erika	10:15-11:15 a.m. Hybrid Group Active Diana	9:25-9:55 a.m. *Hybrid 3D30 Jesse		*9:15-10:15 a.m. Hybrid Group Fight Francie	9:30-10:30 a.m. Hybrid Group Groove Erin/Kerry	9:30-10:30 a.m. Hybrid 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. Hybrid Group Groove Francie	10:15-11 a.m. Hybrid Zumba Jandra	10:30-11 a.m. *Hybrid 3D30 Francie	10:45-11:45 a.m. Virtual Yoga Lisa	10:45-11:45 Hybrid Group Centergy Erika/Nikki
11:30 a.m.- 12:30 p.m. Hybrid Group Power Francie	11:30 a.m.- noon Hybrid Move 30 Diana	11:15 a.m.-noon Virtual Barre Concepts Katie	11:15 a.m. - 12:15 p.m. Hybrid Yoga Lisa	10:30-11:15 a.m. Virtual Stretch & Tone Diana		12-12:50 p.m. *Hybrid Zumba Heather
12:30-1:15 p.m. Virtual Chair Fitness Leslie	12:15-12:45 p.m. Hybrid R30 Francie	12:30-1:30 p.m. Virtual Chair Yoga Tim/Lin	12:30-1:15 p.m. Hybrid Stretch & Tone Jandra	Noon-1 p.m. Virtual Tai Chi Chuan Lin	12:30-1:30 p.m. Virtual Chair Yoga/ Move to Heal Sara	
4:45-5:45 p.m. Hybrid Group Blast Dannah	4:30-5:15 p.m. Hybrid Stretch & Tone Jandra	4-4:45 p.m. Hybrid Pilates Mat Valerie	4:30-5:30 p.m. Hybrid Group Ride Shannon	4:30-5 p.m. Hybrid R30 Sophia		
5:55-6:55 p.m. *Hybrid Group Power Erika	5:45-6:45 p.m. Hybrid Group Fight Sophia	5:30-6:30 p.m. Hybrid Group Power Diana		5-5:50 p.m. Virtual Zumba Ami		
			6-7 p.m. Hybrid Group Active Katie	5:10-5:40 p.m. Hybrid Group Core Sophia		
7:05-8:05 p.m. Hybrid Group Ride Lora/Carmen	7-8 p.m. Hybrid Group Groove/ Nia Kerry/Sara	7-8 p.m. Hybrid Group Blast Lora/Retha	7:05-8:05 p.m. Hybrid Group Centergy Erika/Nikki	6-7 p.m. Hybrid Yoga Fundamentals Shannon	 Galter LifeCenter Part of NorthShore	