

VIRTUAL Group Fitness Schedule *effective September 2020**

* We are open Labor Day from 8 a.m. to 1:45 p.m. please check the website for the special holiday class schedule.

Please note: All Virtual and Hybrid Group Fitness classes are free to attend virtually via Zoom with membership.

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

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6-7 a.m. Hybrid Group Centergy Jesse	6-7 a.m. Hybrid Group Power Leslie		6-7 a.m. Hybrid Group Power Nikki/Erika			
		7-7:30 a.m. Hybrid Group Core Leslie			8:15-9:15 a.m. Hybrid Group Power Jesse	
9-10 a.m. Virtual Group Fight Nikki/Erika	9:30-10:15 a.m. Virtual Boot Camp Katie	8:30-9:30 a.m. Virtual Yoga Sara		9-9:45 a.m. Virtual Pilates Mat Cori		9:30-10:30 a.m. Hybrid Group Blast Sophia/Carmen
10:30-11:30 a.m. Virtual Gentle Yoga Jessie		10-11 a.m. Virtual Group Groove Francie	10:15-11 a.m. Virtual Zumba Jandra	10:30-11:15 a.m. Virtual Stretch & Tone Diana	9:30-10:30 a.m. Virtual Group Groove Erin/Kerry	
11:30 a.m.- 12:30 p.m. Hybrid Group Power Francie	11:30 a.m.-noon Virtual Meditation Lin				10:45-11:45 a.m. Virtual Yoga Lisa	10:45-11:45 a.m. Hybrid Group Centergy Erika/Nikki
12:30-1:15 p.m. Virtual Chair Fitness Leslie		12:30-1:30 p.m. Virtual Chair Yoga Lin/Tim	12:30-1:15 p.m. Virtual 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. Virtual Stretch & Tone Jandra	4:30-5:15 p.m. Virtual Pilates Mat Cori/Laura		4-5 p.m. Virtual Group Fight Francie/Sophia		
6-7 p.m. Virtual Yoga Erikka	5:45-6:45 p.m. Virtual Group Fight Sophia	5:30-6:30 p.m. Hybrid Group Power Diana	6-7 p.m. Hybrid Group Active Katie	5-6 p.m. Virtual Zumba Martha		
	7-8 p.m. Virtual Group Groove Lindsay/Kerry		7-8 p.m. Virtual Group Centergy Erika/Nikki			

Virtual Only	Hybrid Class
Register and join via Zoom	Register and join virtually via Zoom OR Attend class live in Studio 1 (not included with Virtual Membership)