



VIRTUAL Fitness Schedule – FEBRUARY

Members: FREE!

Non-Members: Free with Day Pass!

Register with the Front Desk to receive your code!

The Virtual Kiosk is located outside Studio D – Find your workout, press Start, put in your code and ENJOY!

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:30am-9:30am Open Virtual	5:45am-6:04am Cardio Win <i>*Advanced</i>	5:30am-8:45am Open Virtual	5:30am-8:30am Open Virtual	5:30am-6:30am Super Sets <i>*Advanced</i>	7:00am-7:45am Open Virtual 2/01, 2/22, 2/29	
	6:05am-6:16am Insanity – Ab Attack 10 <i>*Advanced</i>				7:00am-9:00am Open Virtual 2/08, 2/15	8:00am-6:00am Open Virtual
9:30am-10:05am Steady Flow <i>*Beginner</i>	6:30am-11:00am Open Virtual	10:00am-10:16am 20 min. Mobility Stretch <i>*For Everyone</i>	8:30am-8:47am DJ FIN <i>*Youth</i>	6:30am-8:00am Open Virtual		
10:16am – 4:46pm Open Virtual						
	11:05am-11:13am Silver Stretch Level 1 <i>*Active Older Adult</i>	10:30am-3:30pm Open Virtual	9:00am-9:31am Barre Power 2 <i>*For Everyone</i>	8:00am-8:20am Strong by Zumba <i>*For Everyone</i>	8:20am-8:50am 21 Day Fix- Total Body Cardio <i>*For Everyone 2/29</i>	
6:45pm-9:00pm Open Virtual			9:40am-12:40am Open Virtual			
	11:15am-4:45am Open Virtual	6:15pm-6:40pm Full Body DB HIIT <i>*For Everyone</i>	12:45pm-12:54pm Sculpt: Washboard Abs <i>*For Everyone</i>	9:40am-10:00am Yoga for Kids: Dino Adventure!	9:00am-9:50am Yoga Vinyasa <i>*Beginner 2/29</i>	
			1:00pm-6:45pm Open Virtual			
	6:00pm-6:30pm Open Virtual	6:45pm-9:00pm Open Virtual		10:15am-9:00pm Open Virtual	9:15am-7:00pm Open Virtual 2/01, 2/22	
			6:45pm-7:15pm Move it! Hip Hop LA <i>*Beginner</i>		10:15am-7:00pm Open Virtual 2/08, 2/29	
	7:45pm-9:00pm Open Virtual		7:15pm-9:00pm Open Virtual			

Virtual Class Description

21 Day Fix – Total Body Cardio: Keep your heart rate up and your metabolism revved high long after this workout is over.

20 min Mobility Stretch: This class focuses on mobility (with a sprinkle of core work) that will help your muscles recover after hard work!

Barre Power 2: Barre Power is a cardio blast that combines HIIT blocks with body-toning BARRE exercises to create that “perfect burn!” Think Bootcamp meets Barre!

Cardio Win: Channel that inner sprinter. Win that cardio race! Keep quick feet and get that heart pumping

DJ FIN: DJ FIN LOVES to jump so here we have a workout with high energetic moves to his great cool RAP! Have fun be funky Yeh!

Full body DB HIIT: YouTube sensation, Amy Kiser Schemper a.k.a. Bodyfit by Amy, is bringing you a fun and effective total body, dumbbell, HIIT workout!

Insanity – Ab Attack 10: This 10-minute routine will feel like an attack on the abs, but you’ll love the rock-hard results.

Move it! Hip Hop LA: Move your entire body to casual beats and improve your endurance with the Hero of hip Hop. G Combines fast, high-energy dance moves such as the Miami punch and the kickball slide to create a routine that you’ll get the hang of in no time!

Sculpt: Wasboard Abs: 10 minutes to washboard abs...crop tops at the ready!

Silver Stretch Level 1: Relax and lengthen any tired or tight muscles of the lower body

Steady Flow: Take your time in this will rounded flow class aimed at helping you connect to your breath.

Strong by Zumba: Try the total-body workout where every move is synced to a beat.

Super Sets: Feel mighty and lean in this unique approach to training with the Super Set dumbbell workout.

Yoga for Kids: Transform into a baby brontosaurus that roamed Earth millions of years ago!

Yoga Vinyasa: Free yourself from your worries and summon new energy. Follow the flowing movements and focus on the relaxing power of asanas.