

FitZone Class Schedule updated 11/11

Monday				Tuesday			
Time	Class Format	Instructor	Location	Time	Class Format	Instructor	Location
6-7am	Les Mills Body Pump	Suzanne	Mt Elbert	6-7am	Les Mills Body Pump	Meagan	Mt Elbert
6-6:45am	Boot Camp	Helene	S Gym	6-7am	Cycle	Gregg	Cycle studio
7-7:45am	Boot Camp	Helene	S Gym	7:15-8am	Power Interval Cycle	Burt	Cycle studio
7:45-8:45am	Barre HYBRID Meeting ID: 878 8377 6054 https://us02web.zoom.us/j/87883776054	Anastasia	Mt Elbert	7:45-8:45am	Cardio Sculpt	Joy	Grays Studio
8-8:45am	TRX	Helene	South Gym	8-9:15am	Kickboxing & Core	Helene	Mt Elbert
9-10am	ZoneTone	Felicia	Grays Studio	9-10am	Building Strength & Flexibility	Donna	Grays Studio
10-10:30am	Fitness Line Dancing for Beginners	Felicia	Grays Studio	9-10am	Senior Cardio, Strength & Balance Meeting ID: 880 4366 8103 https://us02web.zoom.us/j/88043668103	Terry	ZOOM only
9-10am	Zumba HYBRID Meeting ID: 894 9589 5012 https://us02web.zoom.us/j/89495895012	Anastasia	Mt Elbert	9:30-10:30am	Les Mills Body Pump	Tori	Mt Elbert
10:15-11am	Move It! Improve It! Meeting ID: 876 6820 6581 https://us02web.zoom.us/j/87668206581	Nancy	ZOOM only	9:45-10:30am	NIA Moving to Heal Meeting ID: 843 0897 8644 https://us02web.zoom.us/j/84308978644	Jill	ZOOM only
10:15-11:15am	Strength & Stretch	Molly	Mt. Elbert	10-10:30am	Ultimate Core	Helene	Grays studio
10:45-11:45am	Yoga Meeting ID: 864 6554 5730 https://us02web.zoom.us/j/86465545730	Alyx	ZOOM only	10:45-11:45am	CardioFit	Donna	Mt Elbert
10:45-11:45am	SilverSneakers Classic	Terry	Grays Studio	10:45-11:45am	Gentle Yoga	Ronda	Grays Studio
12-12:45pm	Express Cycle	Felicia	Cycle studio	12-1pm	ZoneTone	Ronda	Grays Studio
12-1pm	Lunch Crunch	Helene	Grays studio	4:15-5:15pm	Power Yoga	Rachelle	Grays Studio
12-1pm	Gentle Flow to Restore	Mel G	Mt Elbert	4:15-5pm	TRX	Anastasia	S Gym
1:15-2:15pm	Move It! Improve It!	Nancy	Mt. Elbert	5:15-6:15pm	Cycle	Anastasia	Cycle studio
1:30-2:30pm	SilverSneakers Yoga	Terry	Grays Studio	5:30-6:30pm	Les Mills Body Pump	Nicole	Mt Elbert
4:15-5:15pm	Yoga STRONG HYBRID Meeting ID: 880 9619 8258 https://us02web.zoom.us/j/88096198258	Becky	Mt Elbert	6:30-7:30pm	Pilates Mat HYBRID Meeting ID: 857 0731 5802 https://us02web.zoom.us/j/85707315802	Anastasia	Grays Studio
Wednesday				Thursday			
Time	Class Format	Instructor	Location	Time	Class Format	Instructor	Location
6-6:45am	Boot Camp	Helene	S Gym	6-7am	Cycle	Gregg	Cycle studio
6:30-7:30am	Les Mills Body Pump	Tori	Mt Elbert	7:15-8am	Power Interval Cycle	Burt	Cycle studio
7-7:45am	Boot Camp	Helene	S Gym	7:45-8:45am	Cardio Sculpt	Joy	Grays studio
7:45-8:45am	Barre HYBRID Meeting ID: 878 8377 6054 https://us02web.zoom.us/j/87883776054	Anastasia	Mt Elbert	8-8:50am	Kickboxing	Helene	Mt Elbert
9-10am	Zumba Gold HYBRID Meeting ID: 868 5622 8730 https://us02web.zoom.us/j/86856228730	Anastasia	Grays Studio	9-10am	CardioFit	Donna	Mt Elbert
9-10am	ZoneTone	Felicia	Mt Elbert	9-10am	Senior Cardio, Strength & Balance Meeting ID: 880 4366 8103 https://us02web.zoom.us/j/88043668103	Terry	ZOOM only
10-10:30am	Fitness Line Dancing for Beginners	Felicia	Mt Elbert	9-9:45am	TRX	Helene	South Gym
10:15-11am	Balance & Stability HYBRID Meeting ID: 848 3996 2353 https://us02web.zoom.us/j/84839962353	Anastasia	Grays Studio	10-10:30am	Ultimate Core	Helene	Grays studio
10:15-11:15am	Cardio Chisel	Suzanne	Turf	10:15-11am	Move It! Improve It! Meeting ID: 876 6820 6581 https://us02web.zoom.us/j/87668206581	Nancy	ZOOM only
10:45-11:45am	SilverSneakers Classic	Terry	Mt Elbert	10:15-11:15am	Barre	Suzanne	Mt Elbert
11:45-12:45pm	YinYoga	Deb	Grays studio	10:45-11:45am	Gentle Yoga	Ronda	Grays studio
12-12:45pm	Express Cycle	Felicia	Cycle studio	11:15-11:45am	Zumba Gold Chair	Laura	Hecla
12-1pm	Lunch Crunch	Helene	Mt Elbert	12-1pm	ZoneTone	Ronda	Grays Studio
1:30-2:30pm	Senior Barre	Terry	Mt Elbert	12-1pm	Pilates Mat HYBRID Meeting ID: 846 6297 4648 https://us02web.zoom.us/j/84662974648	Anastasia	Mt Elbert
4:15-5:30pm	Cycle Yoga	Becky	Cycle studio	1:15-2:15pm	Move It! Improve It!	Nancy	Mt. Elbert
5:30-6:30pm	ZoneTone	Mel W	Mt Elbert	1:30-2:30pm	Gentle NIA Meeting ID: 858 5043 8190 https://us02web.zoom.us/j/85850438190	Leslie	ZOOM only
6:45-7:45pm	Hip Hop	Joy	Mt Elbert	4-5pm	Zumba HYBRID Meeting ID: 826 0509 5260 https://us02web.zoom.us/j/82605095260	Anastasia	Mt. Elbert
Friday				Saturday			
Time	Class Format	Instructor	Location	Time	Class Format	Instructor	Location
5:30-6:30am	Early Bird Yoga HYBRID Meeting ID: 830 4509 3207 https://us02web.zoom.us/j/83045093207	Becky	Mt Elbert	7:30-8:15am	Express Cycle	Gregg	Cycle studio
6-6:45am	Boot Camp	Helene	S Gym	NEW! Starts 12/7	Step	Christine	Mt Elbert
7-7:45am	Boot Camp	Helene	S Gym	8:15-9:15am	Express Cycle	Becky	Cycle studio
8-9am	Les Mills Body Pump	Lara	Mt Elbert	8:30-9:15am	Express Cycle	Becky	Cycle studio
9:15-10:15am	Les Mills Body Pump	Suzanne	Mt Elbert	9-10am	NIA HYBRID Meeting ID: 868 1340 2668 https://us02web.zoom.us/j/86813402668	Leslie	Grays Studio
9:15-10:15	SilverSneakers Circuit HYBRID Meeting ID: 846 4681 8329 https://us02web.zoom.us/j/84646818329	Terry	Grays Studio	9:45-10:45am	Sat Power Yoga HYBRID Meeting ID: 818 8525 2261 https://us02web.zoom.us/j/81885252261	Becky	Mt Elbert
10:15-11:15am	Cardio Chisel	Suzanne	Turf	10:30-11:30am	Cardio Drumming	Tracy	Grays Studio
10:45-11:45am	Zumba Gold	Anastasia	Mt Elbert	11:15-12:15pm	Les Mills Body Pump	Various	Mt Elbert
10:45-11:45am	Gentle Flow to Restore	Mel G	Grays studio	Sunday			
12-1pm	Strength & Stretch HYBRID Meeting ID: 822 9182 1194 https://us02web.zoom.us/j/82291821194	Joy	Grays	Time	Class Format	Instructor	Location
12-1pm	Healthy Back Yoga	Deb	Mt Elbert	8:15-9:15am	Les Mills Body Pump	Various	Mt Elbert
5:30-6:30pm	Yoga HYBRID Meeting ID: 856 0808 6795 https://us02web.zoom.us/j/85608086795	Becky	Mt Elbert	NEW! starts 11/17	Les Mills Body Pump	Nicole	Mt Elbert
Senior Classes	Cardio- Cycling, Step	Zumba, NIA, Dance		9:30-10:30am	Les Mills Body Pump	Nicole	Mt Elbert
Yoga, Pilates	Barre, Strength, Stretch, TRX	Bootcamp		9:30-10:30am	Vinyasa Yoga	Judi	Grays studio
Les Mills Body Pump				10:45-11:45am	NIA HYBRID Meeting ID: 849 9094 6690 https://us02web.zoom.us/j/84990946690	Jill	Mt Elbert
				12-1pm	Les Mills Body Pump	Various	Mt Elbert
				3:30-4:30pm	Zumba	Joy	Mt Elbert