


# Zoom Training

TIMES	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
7:15 am		Group Personal Fitness and Functional Training <b><u>must make an appt.</u></b>			Group Personal Fitness and Functional Training <b><u>must make an appt.</u></b>	
8:00 am		Coach Talk: Need some motivation or have a question? Just sign on to talk to the Coach. No appointment needed.			Coach Talk: Need some motivation or have a question? Just sign on to talk to the Coach. No appointment needed.	
8:15 AM		Group Personal Fitness and Functional Training <b><u>must make an appt.</u></b>			Group Personal Fitness and Functional Training <b><u>must make an appt.</u></b>	
9:00 AM		Group Personal Fitness and Functional Training <b><u>must make an appt.</u></b>		Group Personal Fitness and Functional Training <b><u>must make an appt.</u></b>	Group Personal Fitness and Functional Training <b><u>must make an appt.</u></b>	
9:15 AM						
10:00 AM		Group Personal Fitness and Functional Training <b><u>must make an appt.</u></b>				Group Personal Fitness and Functional Training <b><u>must make an appt.</u></b>
11:30 am	Muscle Pump <b>CounterTop</b> Class with Chris	Basic to Intermediate Core Training with Chris	Muscle Pump <b>Chair</b> Class with Chris	Basic to Intermediate Core Training with Chris	Intermediate to Advanced Core Training with Jen	
12:00 pm	Intermediate to Advanced Core Training with Jen	Muscle Tone Class with Jen	Intermediate to Advanced Core Training with Jen	Muscle Tone Class with Jen	Muscle Pump <b>Band</b> Class with Chris	
12:30 pm	Restorative Movement and AI Stretching with Chris	Intro to Stretch/Yoga Class with Jen	Restorative Movement and AI Stretching with Chris	Intro to Stretch/Yoga Class with Jen	Restorative Movement and AI Stretching with Chris	
3:00 pm		Group Personal Fitness and Functional Training <b><u>must make an appt.</u></b>		Group Personal Fitness and Functional Training <b><u>must make an appt.</u></b>		
4:00 pm	<b>Total Fitness Led by Chris 30 Minutes a little of everything</b>	<b>Total Fitness Aerobic/Strength Led by Jen 30 Minutes</b>	<b>Total Fitness Led by Chris 30 Minutes a little of everything</b>	<b>Total Fitness Aerobic/Strength Led by Jen</b>		
4:30 pm	Restorative Movement and AI Stretching with Chris	Restorative Stretching with Jen	Restorative Movement and AI Stretching with Chris	Restorative Stretching with Jen		
5:00 pm	Jab, Punch, Kick Cardio Class with Jen	Group Personal Fitness and Functional Training <b><u>must make an appt.</u></b>	Jab, Punch, Kick Cardio Class with Jen	Group Personal Fitness and Functional Training <b><u>must make an appt.</u></b>		
5:30 pm		Group Personal Fitness and Functional Training <b><u>must make an appt.</u></b>		Group Personal Fitness and Functional Training <b><u>must make an appt.</u></b>		
6:00 pm						