

Virtual Group Exercise Classes

July-August 2020



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HIIT

**12:05 pm
to
12:55 pm**

HIIT

**12:05 pm
to
12:55 pm**

Yoga

**5:05 pm
to
6:00 pm**

Yoga

**5:05 pm
to
6:00 pm**

Yoga

**5:05 pm
to
6:00 pm**

All group exercise classes will be held through Zoom. Class links will be distributed through Facebook and the Daily News the day of class. Please follow us on Facebook [HERE](#), so you don't miss out on upcoming classes!

