

# TSC Virtual Schedule Effective 11/09/2020

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	5:45-6:15am <b>Step &amp; Cardio</b> Nicole			5:45am <b>Cardio-Strength</b> Nicole (Hi-Low Impact)		
6:00am <b>Band Strength</b> Marta/Heather	6:15-6:45am <b>Upper Body Strength</b> Nicole	6:00-6:30am <b>Kickbox Express</b> Nicole	6:00AM <b>Strength</b> Jody			8:15-8:45am <b>Spinervals Express</b> Rotating Instructor
			7:15am <b>Step and Muscle</b> Karen		8:05am <b>Cardio-Strength</b> Karen D. (Low Impact)	9:00-9:55AM <b>Strength</b> Jody
	8:30am <b>Barre Strength</b> Rachel	9:00-9:30am <b>Cardio Express</b> Andrea	8:30am <b>Pilates</b> Judy	9:00am <b>Strength</b> Andrea	9:05-9:50am <b>KickBoxing</b> Nicole	10:05am <b>BARRE-Strength</b> Amber In Person & Virtual
		9:30-10:00am <b>Core</b> Andrea			10:00am <b>Strength</b> Andrea	11:05am <b>YOGA*</b> Amber In Person & Virtual
4:30pm <b>YOGA*</b> Jessica In Person & Virtual		4:30pm <b>YOGA*</b> Jessica In Person & Virtual	4:30pm <b>Strength</b> Michelle			
			5:35pm <b>ZUMBA</b> Michelle		<b>Indoors Starting Monday November 16<sup>th</sup>. Sign ups will be at desk. Class size will be limited to follow COVID guidelines.</b>	Like us on Facebook and Follow us on Instagram for updates!
5:30pm <b>Strength</b> Jody	5:30pm <b>Cardio/Strength</b> Karen D. (Low Impact)				<b>Masks must be worn to any indoor class per the CDC.</b>	<b>Please call the gym with any questions.</b>
				Schedule Effective 11/09/2020	<b>Schedule is always subject to change.</b>	<b>Classes not specified are 55 min in length.</b>
					<b>Spinervals is an interval type spin class. You Will Love!</b>	