

CENTER CLUB GROUP FITNESS SCHEDULE JULY 2021



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

9:00-10:00 AM
HIIT
Stephanie P.

12:00-12:30 PM
Strength
Stephanie
12:30-1:00 PM
Core & Stretch
Stephanie

12:00-12:45 PM
Zumba
Tatiana

For more information, email: patricia.schnabel@clubcorp.com

Group Exercise Updates

Studio Capacities

Studio 1- 16 participants

Cycle Studio - 10 participants

All classes are first come, first served.

Please follow instructor directions for social distancing and cleaning.

Due to new cleaning protocols, please plan to bring your own mat!

Virtual Classes are also available.

To give suggestions and feedback, email patricia.schnabel@clubcorp.com.