

# Virtual Membership



Hosted by MINDBODY.

## CLASS SCHEDULE\*

### MONDAY

6:00am	BODYPUMP®	Sarah/Heather
9:00am	Zumba®	Kellie
10:15am	Mat Pilates	Aubrey
11:30am	Gentle Yoga	Celeste (75min)
12:05pm	R.I.P.P.E.D.®	Nora
4:30pm	BODYPUMP®	Megan/Carrie
5:30pm	Zumba®	Megan/Lexi
5:30pm	All Around Yoga	Linda F. (75min)
6:30pm	BODYFLOW®	Jamie & Katie (starting 01/25/21)

### TUESDAY

6:00am	BODYCOMBAT®	Carrie & Lori
8:30am	Continuing Yoga	Erin A. (75min)
9:00am	BODYCOMBAT®	Heather
10:00am	Joydance	Camie
11:00am	Gentle Strength Conditioning	Jane
5:00pm	BODYPUMP® EX	Katie/Kellie (30min)
5:30pm	BODYCOMBAT® EX	Katie/Kellie (30min)
6:00pm	BODYFLOW® EX	Katie (30min)
6:40pm	Oula®	Paisley

### WEDNESDAY

6:00am	BODYPUMP®	Sarah
9:00am	Zumba®	Kellie
11:30am	Gentle Yoga	Celeste (75min)
4:30pm	BODYPUMP®	Carrie
5:30pm	BODYCOMBAT® EX	Carrie (45min)
5:30pm	Form and Flow Yoga	Julie (75min)

### THURSDAY

8:30am	Continuing Yoga	Erin A. (75min)
9:00am	BODYCOMBAT®	Heather/Kara
10:00am	Joydance	Camie
11:00am	Gentle Strength Conditioning	Aubrey
5:30pm	BODYPUMP®	Alyssa

### FRIDAY

6:00am	HIIT & Core	Carrie
7:45am	BODYPUMP®	Patricia
9:00am	DanceMixx®	Sarah
10:00am	BODYFLOW®	Katie/Lori
5:30pm	Oula®	Kate/Cheyenne/Cassie

### SATURDAY

8:10am	BODYPUMP®	Instructor Varies
9:10am	BODYCOMBAT®	Instructor Varies
10:10am	BODYFLOW®	Instructor Varies
11:15am	Zumba®	Megan

### SUNDAY

Currently no Virtual classes - go to our On-Demand Library of class recordings @ <https://video.mindbody.io/studios/592001/videos>

### CLUB HOURS:

Monday - Friday 5:30am - 8:00pm  
Saturday & Sunday 8:00am - 5:00pm

Virtual Access is included with regular membership & Virtual only Membership is just \$24.99/Month.

Go to [www.thewomensclub.com/virtual-classes/](http://www.thewomensclub.com/virtual-classes/) or call us to opt-in or sign up!

Book a Virtual class through the free MINDBODY app or click "BOOK" next to the virtual class on our schedule at thewomensclub.com

\*Class length averages 50-55min unless otherwise noted.

starts 01/08/2021

thewomensclub.com

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Strong Women

LIFT

Each Other Up