

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 (75min)	Celeste	
12:05pm	*R.I.P.P.E.D.®	Nora	
4:30pm	BODYPUMP®	Megan/Carrie	
5:30pm	Zumba®	Megan/Lexi	
5:30pm	All Around Yoga (75min)	Linda F.	
6:30pm	BODYFLOW®	Katie/Jamie	NEW!

TUESDAY

6:00am	BODYCOMBAT®	Carrie & Lori	
8:30am	Continuing Yoga (75min)	Erin A.	
9:00am	BODYCOMBAT®	Heather	
10:00am	Joydance	Camie	
11:00am	Gentle Strength Conditioning	Jane	
5:00pm	BODYPUMP® EX (45min)	Katie/Kellie	
5:45pm	BODYCOMBAT® EX (45min)	Katie/Kellie	
6:40pm	Oula®	Paisley	

WEDNESDAY

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

*R.I.P.P.E.D.® & Dancemixx® allow livestreaming, but not recording.

THURSDAY

8:30am	Continuing Yoga (75min)	Erin A.	
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	
10:00am	All Around Yoga (75min)	Instructor Varies	NEW!
10:10am	BODYFLOW®	Instructor Varies	
11:15am	Zumba®	Megan	

SUNDAY

12:00pm	Yoga (75min)	Dana	NEW!
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On Demand Library link:

<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/

or email us at virtualhelp@thewomensclub.com to opt-in or sign up!

Book a Virtual class through the free MINDBODY app or

click "BOOK" next to any virtual class on our schedule at thewomensclub.com

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

starts 03/06/2021

thewomensclub.com

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Strong Women

LIFT

Each Other Up