



FGC Group Fitness Schedule

AUGUST/SEPTEMBER



	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
5 - 6 AM							5 - 6 AM
6 - 6:50 AM							6 - 6:50 AM
8 - 8:50 AM	<u>Yoga for Golf</u> Instructor: Whitney In Person & Zoom	<u>Pilates</u> Instructor: Julia R In Person & Zoom	<u>Restorative Vinyasa</u> Instructor: Whitney In Person & Zoom	<u>Pilates</u> Instructor: Julia R In Person & Zoom	<u>Yoga for Golf</u> Instructor: Whitney In Person & Zoom		8 - 8:50 AM
9 - 9:50 AM	<u>Bootcamp</u> Instructor: Megan	<u>Tuesday/Thursday Weights</u> Instructor: Megan	<u>Bootcamp</u> Instructor: Kaila	<u>Tuesday/Thursday Weights</u> Instructor: Megan	<u>TRX</u> Instructor: Kaila	<u>Bootcamp</u> Instructor: Kaila	9 - 9:50 AM
10 - 10:50 AM	<u>Balance & Conditioning</u> Instructor: Cindy	<u>Tuesday/Thursday Weights</u> Instructor: Megan	<u>Balance & Conditioning</u> Instructor: Cindy	<u>Tuesday/Thursday Weights</u> Instructor: Megan			10 - 10:50 AM
12 - 12:50 PM	<u>Swing Speed</u> Instructor: John			<u>Swing Speed</u> Instructor: John			12 - 12:50 PM
4:30 - 5:30 PM	<u>Kid Agility</u> Instructor: Kaila		<u>Kids Agility</u> Instructor: Kaila				4:30 - 5:30 PM
5:30 - 6:30 PM	<u>Yoga for Bro's</u> Instructor: Gregor In Person & Zoom		In Person & Zoom				5:30 - 6:30 PM
	Zoom ID: 9151212877				In Person	Zoom	

