




FGC Group Fitness Schedule

April



	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
5:15- 6:00 am					<u>Spin</u> Instructor: Anna		5:15- 6:00 am
6 - 6:50 am	<u>Total Body Conditioning</u> Instructor: Brett	<u>Total Body Conditioning</u> Instructor: Brett			<u>Cardio & Strength 6:15 - 7 am</u> Instructor: Anna		6 - 6:50 am
8 - 9 am	<u>Yoga for Golf</u> Instructor: Whitney	<u>Pilates</u> Instructor: Julia R	<u>Restorative Vinyasa</u> Instructor: Whitney	<u>Pilates</u> Instructor: Julia R	<u>Yoga for Golf</u> Instructor: Whitney		8 - 9 am
	In Person & Zoom	In Person & Zoom	In Person & Zoom	Pilates is on Zoom	In Person & Zoom		
9 - 9:50 am	<u>Bootcamp</u> Instructor: Jaimee	<u>TRX</u> Instructor: Jaimee	<u>Bootcamp</u> Instructor: Jaimee		<u>TRX</u> Instructor: Jaimee		9 - 9:50 am
10 - 10:50 am	<u>Balance & Conditioning</u> Instructor: Cindy		<u>Balance & Conditioning</u> Instructor: Cindy				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>Kids Sport & Agility</u> Instructor: Brett	<u>Kids Sport & Agility</u> Instructor: Brett					4:30 - 5:30 pm
		TRX Instructor:Jaimee					
5:30 - 6:30 pm	<u>Yoga for Bro's</u> Instructor: Gregor		<u>Women Weights & Wine</u> Instructor: Alex				5:30 - 6:30 pm
					In Person	Zoom	
Zoom ID: 9151212877							