

Group Fitness Class Schedule

Due to the 12 feet spacing rule we will have a limited number of classes.
Classes marked with * require reservations. Updated 1/4/2021

MONDAY

5:30am	BODYPUMP*	Rick/Large
5:30am	WAYMO*	Chandler/WAYMO
8:15am	BODYPUMP*	Tamara/Large
8:30am	GRIT	Jennifer/ BB Court
9:00am	Aqua Aerobics	Sue/Pool (75min)
9:10am	Precision Cycling	Sharron/BB Court
9:30am	B ⁵ *	Mica/Large
10:45am	Young at Heart*	Reuben/Large
Noon	BODYPUMP*	Alyssa/Large
Noon	WAYMO*	Ben/WAYMO
4:15pm	BODYPUMP*	Steve K/Large
4:30pm	WAYMO*	Kim C/WAYMO
5:15pm	GRIT	Mason/ BB Court
5:30pm	BODYCOMBAT*	Team/Large
5:30pm	WAYMO*	Ben/WAYMO
6:00pm	RPM	Mason/BB Court
6:45pm	BODYPUMP*	Kim P/Large

TUESDAY

5:30am	BODYATTACK*	Corinne/Large
5:30am	Precision Cycling	Liz T/ BB Court
8:15am	Pilates Plus*	Liz T/Large
8:30am	GRIT	Mica/BB Court
9:00am	WAYMO*	Kim C/WAYMO
9:10am	RPM	Rayna/BB Court
9:30am	D/CUT*	Bianca/Large
10:45am	Flow Yoga*	Nicole O/Large
11:00am	WAYMO*	Kim C/WAYMO
Noon	Barre Intensity*	Mica/Large
Noon	SPRINT	Melissa/BB Court
12:35pm	CXWORX	Melissa/BB Court
4:15pm	Flow Yoga*	Ben/Large
4:30pm	BODYATTACK	Mica/BB Court
4:30pm	WAYMO*	Chandler/WAYMO
5:30pm	BODYPUMP*	Mason/Large
5:30pm	WAYMO*	Chandler/WAYMO
6:00pm	SPRINT	Steve K/BB Court
6:45pm	Zumba*	Shannon/Large

WEDNESDAY

5:30am	BODYPUMP*	Rick/Large
5:30am	SPRINT	John/BB Court
5:30am	WAYMO*	Chandler/WAYMO
8:15am	BODYPUMP*	Corinne/Large
9:00am	Aqua Aerobics	Sue/Pool (75min)
9:10am	Precision Cycling	Sharron/ BB Court
9:30am	BODYATTACK*	Corinne/ Large
10:45am	Young at Heart*	Reuben/Large
Noon	BODYPUMP*	Caroline/Large
Noon	GRIT	Jennifer/BB Court
Noon	WAYMO*	Ben/WAYMO
4:15pm	BODYPUMP 30*	Steve K/Large
4:30pm	WAYMO*	Kim C/WAYMO
4:40pm	CXWORX*	Steve K/Large

WEDNESDAY

5:30pm	BODYFLOW*	LeAnn/Large
5:30pm	WAYMO*	Bethany/WAYMO
6:45pm	D/CUT*	Candace/Large

THURSDAY

5:30am	B ⁵ *	Team/Large
5:30am	RPM	Avery/BB Court
8:15am	Pilates Plus*	Liz T/Large
8:30am	GRIT	Mica/BB Court
9:00am	WAYMO*	Kim C/WAYMO
9:10am	Precision Cycling	Mica/BB Court
9:30am	D/CUT*	Anne/Large
10:45am	Flow Yoga*	Catherine/Large
11:00am	WAYMO*	Kim C/WAYMO
Noon	Barre Circuits*	Mica/Large
Noon	SPRINT	Melissa/BB Court
12:35pm	CXWORX	Melissa/BB Court
4:15pm	BODYCOMBAT*	Mica/Large
4:30pm	WAYMO*	Chandler/WAYMO
5:30pm	GRIT*	Alyssa/Large
5:30pm	WAYMO*	Chandler/WAYMO
6:00pm	RPM	Steve/BB Court
6:15pm	Zumba*	Ashley/Large

FRIDAY

5:30am	RPM	John/BB Court
5:30am	WAYMO*	Chandler/WAYMO
5:30am	BODYPUMP 30*	Kim P/Large
5:55am	CXWORX*	Kim P/Large
8:15am	BODYPUMP*	Tamara/Large
9:00am	Aqua Aerobics	Sue/Pool (75min)
9:10am	RPM	Rayna/BB Court
9:30am	B ⁵ *	Mica/Large
10:45am	Young at Heart*	Reuben/Large
Noon	BODYPUMP*	Steve/Large
Noon	GRIT	Jennifer/BB Court
Noon	WAYMO*	Kim C/WAYMO
5:00pm	Slow Flow Yoga*	Ben/Large

SATURDAY

8:15am	BODYPUMP*	Rick/Large
8:30am	Saturday Spin	Tiffany/BB Court
8:30am	WAYMO*	Chandler/WAYMO
9:30am	BODYATTACK*	Team/Large
10:45am	D/CUT*	Candace/Large
11:00am	WAYMO*	Kim C/WAYMO
Noon	Yoga*	Team/Large

SUNDAY

1:00pm	Barre Circuits*	Mica/Large
1:15pm	D/CUT	Anne/BB Court
2:15pm	BODYCOMBAT*	Mica/Large
2:30pm	Sunday Spin	Team/BB Court
3:30pm	BODYPUMP*	Kim P/Large
4:45pm	Yoga*	Team/Large



Phase 1 Group Fitness Policies

General Policies:

- Due to the 12 feet spacing rule we have modified the Group Fitness schedule temporarily.
- Please note changes in class **TIMES** and **LOCATIONS** as most have changed.
- We have tried to keep a mix of classes and note that as things progress this schedule will continue to evolve.
- If you need your login in information you can email mmitchell@fayac.com, call the main front desk, or request it be sent to you by stopping at our main front desk.
- Face masks can be removed during all classes. Please have your face mask on prior to and immediately after class.
- If equipment is used please wipe it down before and after class.
- Please follow social distancing guidelines at all time before , during, and after class. 12 feet while actively exercising and 6 feet any other time.
- Please do not congregate around studios before or after class.
- In the event a class must be cancelled, we will do our best to let you know as soon as possible.

Cycling Classes:

- All cycling classes will be held on the Basketball court during this time.
- No sign up is required due to the number of bikes that are available . First come first serve.
- **CYCLING SHOES are NOT permitted on the basketball court.** You will need to wear tennis shoes during the time the bikes are on the basketball court. We refinished the court while the club was closed and cycling shoes will damage the fresh finish.
- Please clean bikes prior and after use.
- Bikes can be used any time.

Classes on the Basketball Court:

- Due to the 12 foot spacing rule we have moved some classes out on the North end of the basketball court.
- No Sign up is required due to the number of spots that are available. First come first serve.
- The floor has been marked with stickers. Please find your spot on the floor and use appropriate social distancing when moving to and from your spot.

Classes held in the Large Studio:

- These classes will require a reservation based on the limited space. You can sign up online, by calling the club, or at the main front desk. **Reservations start ONE day in advance at 5am.**
- Please follow the signs on how to enter/exit class and get equipment if needed.
- Spots are marked on the floor and you will need to take the available spot closet to the exit so we do not block the entry.
- Class times have been modified to allow for extra time for cleaning between classes. Please do not enter studio until the previous class has completely exited.