

Employee Fitness Center

Group Fitness Schedule

September-November 2026

Time	Monday	Tuesday	Wednesday	Thursday	Friday
12:15pm	All Levels Yoga <i>Deborah</i>	Vinyasa Yoga <i>Jane</i>		Vinyasa Yoga <i>Jane</i>	All Levels Yoga <i>Deborah</i>
5:30pm	Zumba <i>Alicia</i>	Boot Camp <i>Karen</i>	Cardio Crush <i>Alicia</i>	Cardio Kickboxing <i>Karen</i>	

*All classes are 45 minutes.
Class times and instructors are subject to change.*