

ELEVATE

FITNESS

GROUP FITNESS

SCHEDULE

*VIRTUAL

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
10:30 AM Group Centergy with Kathy	6:00 AM Beyond Barre Fit with Darcy	6:00 AM Insanity Live with David	7:00 AM Group Fight with Lisa	9:15 AM Group Power with Tom		8:30 AM Group Fight with Lani
12:00 PM Group Power with Tom	7:45 AM Yoga with Jeff	5:45 PM Group Blast with Patrick				
4:30 PM Group Active with Jen	5:45 PM Beyond Barre Fit with Yvonne					
7:00 PM Zumba with Jesus	7:00 PM Group Centergy with Patrick					

How To Stream Live Classes

1. Tap on the Clubs tab in the mobile app.
2. Change your location to Dewitt at the top of the screen, if it isn't already set to Dewitt
3. Tap on the Live Streaming Classes tile and then tap on Calendar
4. Tap on the class you'd like to stream and follow the prompts.

Effective 12/16/2020