



FITNESS

Streaming Workout Schedule

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SUNDAY
10:30 AM Group Centergy with Kathy	6:00 AM Beyond Barre Fit with Darcy	5:45 PM Group Blast with Patrick	7:00 AM Group Fight with Lisa	9:15 AM Group Power with Lisa	8:30 AM Group Fight with Lani
12:00 PM Group Power with Diane	7:45 AM Yoga with Jeff				
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 6/09/2021