

# VIRTUAL GROUP EXERCISE

Your Favorite Center for Health & Fitness Classes Available Live

Join virtual class by visiting the **MINDBODY APP** or [www.beachcitiesgym.com](http://www.beachcitiesgym.com) to register for a class. Monthly membership fee must be paid in advance to receive access to virtual classes. Please allow 24-hours to process registration and payment. Thank you!

TIME	MONDAYS
08:00AM	Go-With-The-Flow Boot Camp with Mark B. (55 min)
09:00AM	Go-With-The-Flow Stretch with Mark B. (45 min)
09:00AM	Silver Sneakers Classic with Bobbi (55 min)
10:00AM	Silver Sneakers Classic with Bobbi (55 min)
10:00AM	Zumba with Nahid (55 min)
10:00AM	Heart-Centered Yoga with Sue (55 min)
11:00AM	Body Sculpt with Carrie K. (55 min)
TIME	TUESDAYS
09:00AM	SS Chair Class with Stephanie (55 min)
10:00AM	Dance Fitness with Sandie (55 min)
TIME	WEDNESDAYS
08:00AM	Go-With-The-Flow Boot Camp with Mark B. (55 min)
09:00AM	Go-With-The-Flow Stretch with Mark B. (45 min)
09:00AM	Mobility with Lois (30 min)
10:00AM	Gentle Restorative Yoga with Lisa (55 min)
10:00AM	Bench & Ball with Mark B. (55 min.)
11:00AM	Body Sculpt & Floor Work with Carrie K. (55 min)
06:00PM	Pilates Power Hour with Manuela (55 min)
TIME	THURSDAYS
09:00AM	SS Chair Class with Manuela (55 min)
10:00AM	Dance Fitness with Sandie (55 min)
TIME	FRIDAYS
07:30AM	Rep Reebok with Lois (55 min)
08:00AM	Go-With-The-Flow Boot Camp with Mark B. (55 min)
09:00AM	Go-With-The-Flow Stretch with Mark B. (45 min)
10:00AM	Mat Pilates with Lilly (55 min)
11:00AM	Body Sculpt with Stephanie (55 min)

TIME	SATURDAYS
TIME	SUNDAYS
09:00AM	Yin Yang Yoga with Carrie B. (55 min)