

# 2021 Virtual Group Fitness Class Schedule

## 17 classes a week via ZOOM

### How to Register via ForeTees App

- Access your ForeTees ClubCentral app.
- Click the FT center button
- Select Fitness Tile
- Click Menu> Select "Events"
- Locate your class & register
- Utilize the ZOOM link in the class description

### How to Register via ForeTees Web Browser

- Login to the club website
- Click on Dining & Events
- This will take you to the ForeTees web browser
- From there select on the left the Fitness Tab
- Once in Fitness, look to the top and click on "Events"
- Locate your class & register

Monday	Tuesday	Wednesday	Thursday	Friday
		TRX in 30 with Kathy 8:30am to 9:00am		
TRX in 30 with Kathy 8:30am to 9:00am	Cardio Dance with Kelly 8:00am to 9:00am	Ballet Barre Blend with Kelly 9:00am to 10:00am	Cardio Dance with Kelly 8:00am to 9:00am	TRX in 30 with Kathy 8:30am to 9:00am
Ballet Barre Blend with Kelly 9:00am to 10:00am	Vinyasa Yoga with Desiree 10:00am to 11:00am	Vinyasa Yoga with Desiree 10:00am to 11:00am	Vinyasa Yoga with Desiree 10:00am to 11:00am	Ballet Barre Blend with Kelly 9:00am to 10:00am
Vinyasa Yoga with Desiree 10:00am to 11:00am	Strength & Burn with Kathy 10:30am to 11:30am		Strength & Burn with Kathy 10:30am to 11:30am	Vinyasa Yoga with Desiree 10:00am to 11:00am
Core Strength with Kathy 6:30pm to 7:15pm		Core Strength with Kathy 6:30pm to 7:15pm		

### Zoom Recordings

If you are unable to make the designated Zoom session time, we have recordings available. Recordings can be accessed on the ForeTees Fitness homepage. Links to recordings are organized by class and are updated daily.

