

## **WELCOME BACK! Cheetah Gym Group Class Schedule Phase 4 Classes Start 7/20**

\*We will be adding new classes every couple weeks depending on attendance. 10 people is the limit for in person classes, first come first serve. We will make changes to protocol if needed. Some of our classes will be held virtually. If interested please join our private Facebook group. Link is on our Cheetah Gym Facebook Page.

\*Masks are required upon entry of the gym and must stay on at all times unless taking a drink of water/liquid. Instructors are also required to teach in a mask.

\*You will need to bring your own towel, mat and props for yoga/pilates.

\*All in person classes windows, fans, back doors will be used for proper ventilation. Room is disinfected before/after each class.

\*Mats will be placed 8-10ft apart from other participants.

\*Please monitor for signs of illness & please follow all CDC guidelines for self-isolation. If you feel sick, please stay home.

### Monday

7a HIIT w/ Symphony (45 min)

12p Pilates Mat w/ Gisela P. (45 min)

\*6p GROOV3 w/ Angie S. (60 min) *Facebook Live Class*

### Thursday

12p Functional Fitness w/ Jason B. (60 min)

5:30p Vinyasa Flow w/ Tomoko H. (60 min)

### Tuesday

12p Functional Fitness w/ Jason B. (60 min)

5:30p Vinyasa Flow w/ Tomoko H. (60 min)

### Friday

12p Vinyasa Flow w/Tomoko H. (75 min)

### Wednesday

7a HIIT w/ Symphony (45 min)

\*6p WERQ w/ Angie S. (60 min) *Facebook Live Class*

### Saturday

9:30a Hatha Flow Yoga w/Lorelei S. (75min) *Facebook Live ONLY*

12p WERQ in the park w/Angie S. (60 min) *Facebook Live/ Park in person @ Winnemac Park located at Damem/Foster near tennis courts*

**Join our Facebook Live Classes! \*FREE w/ your membership if you have classes included**



**(Scan Code to Cheetah Gym Live Classes Group)**