



**Wenatchee Virtual Classes**  
December 2018

**Note:** To make the most of Virtual Classes, we recommend setting up a MyZone band and online account! Ask at the Front Desk!

**GROUP FITNESS STUDIO**

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY		SATURDAY
5:30 AM		<b>TaeBo Shred</b> 59 Minutes		<b>Xtreme Burn: Diesel</b> 58 Minutes			
10:00 AM			<b>Xtreme Burn: AbsCore</b> 18 Minutes		<b>Tone It Up 1</b> 35 Minutes		
7:00 PM				<b>Yoga: Downtown Rooftop</b> 46 Minutes			

**CYCLING STUDIO**

*(VR) = Virtual Ride, (ZM) = Zone Match*

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY		SATURDAY
5:10 AM	<b>The Sufferfest: Thin Air (VR)</b> 60 Minutes					7:30 AM	<b>Ripper (ZM)</b> 45 Minutes
8:15 AM	<b>Chillinator (ZM)</b> 20 Minutes		<b>Recuperator (ZM)</b> 20 Minutes				
10:00 AM		<b>Alligator Alley (VR)</b> 32 Minutes		<b>Old San Juan (VR)</b> 31 Minutes			
12:00 PM	<b>Orocovis, Puerto Rico (VR)</b> 33 Minutes			<b>Daytona (VR)</b> 22 Minutes			
1:00 PM	<b>Alligator Alley (VR)</b> 32 Minutes		<b>Old San Juan (VR)</b> 31 Minutes				
4:00 PM	<b>Canyon Lake (VR)</b> 39 Minutes		<b>Loch Leven (VR)</b> 53 Minutes				
5:30 PM		<b>MEP Sting (ZM)</b> 45 Minutes		<b>Mepinator (ZM)</b> 20 Minutes			