



Virtual Group Fitness

December Schedule

All fitness classes will be hosted via zoom for the month of December. Register online at parkcityrecreation.org to receive your unique class link, included on your receipt. Classes are available for drop-in registration at \$10 per class, or included with a MARC Fitness Pass with Class Add-on.

Monday	7:00 AM 9:00 AM 12:00 PM 5:30 PM	Cardio Bootcamp Yoga Bootcamp Pain Free Posture	Anna Lauren Miranda Dee
Tuesday	7:30 AM 9:00 AM 10:00 AM Noon	Cycling eLIGNABAR® Stretch Yoga	Miranda Faye Faye Whitney
Wednesday	7:00 AM 9:00 AM 12:00 PM 12:00 PM 5:30 PM	Cardio HIIT Yoga Bootcamp Yoga Stretch & Mobility	Tiffany Lauren Miranda Kati Katie
Thursday	7:00 AM 9:00 AM 10:00 AM	Yoga eLIGNABAR® Stretch	Lindsey Faye Faye
Friday	9:00 AM 10:00 AM 12:00 PM	Pilates Gentle Yoga Bootcamp	Claire Shirin Miranda
Saturday	9:00 AM 10:00 AM 10:00 AM 2:00 PM	eLIGNABAR® Stretch Yoga Systema	Faye Faye Leslie Mark
Sunday	9:00 AM 4:00 PM	Pilates Yoga	Amy Penny