**VIRTUAL FITNESS CLASSES ARE ON DEMAND!**

All virtual fitness classes are “on demand”! What does this mean? If you aren’t able to make it to a “live” fitness class you don’t have to wait for a scheduled virtual class to begin. During the open studio times you can choose the class you want to take when you want to do it. All you do is pick the class of your choice on the iPad, get out the necessary equipment, and push play. Virtual on demand will be on a first come first serve basis.

**Virtual is available with the exception of:**

**1 hour before a “live” class and**

**15 minutes after a “live” class.**

**During cleaning 2:15 – 3:00 pm,**

**and 9:30 pm to 4:00 am**