

September

Group Exercise Schedule



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
11:00AM – 11:30AM <u>Barre</u> ^{^+}	11:00AM – 11:30AM <u>Yoga Core Fusion</u>	11:00AM – 11:30AM <u>HIIT</u>	11:00AM – 11:30AM <u>Pilates</u>	08:30AM – 09:00AM <u>Cardio Core</u>
11:45AM – 12:00PM <u>Seated Strength and Stretch</u> ^{^+}	12:00PM – 12:45PM <u>Zumba</u> [®]	12:00PM – 12:45PM <u>Yoga</u>	12:00PM – 12:45PM <u>Strength Training</u> [^]	11:00AM – 11:30AM <u>Barre</u> [^]
12:00PM – 12:30PM <u>STRONG Nation</u> ^{™+}	01:45PM – 02:00PM <u>Energy Break</u>	01:45PM – 02:00PM <u>Energy Break</u>	01:45PM – 02:00PM <u>Energy Break</u>	12:00PM – 12:45PM <u>Yoga</u>
03:00PM – 03:45PM <u>Yoga</u> ⁺	03:00PM – 03:30PM <u>Barre</u> [^]	03:00PM – 03:30PM <u>Pilates</u>	03:00PM – 03:30PM <u>HIIT</u>	03:00PM – 03:30PM <u>Core</u>
05:15PM – 06:00PM <u>Strength Training</u> ^{^+}	04:30PM – 05:00PM <u>Boot Camp</u> [^]	05:15PM – 05:45PM <u>Kickboxing</u>	05:00PM – 05:45PM <u>Yoga</u>	

Note: All classes are in Eastern Time and hosted in English.

[^]Class format includes options to supplement body weight exercises, including free weights, mini exercise balls or bands.
⁺Classes canceled 9/05 in observance of Labor Day.

GLOBAL HEALTH SERVICES