

January 2023

Virtual Group Exercise Schedule

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
10:45AM – 11:00AM <u>Seated Strength & Stretch^{^+}</u>		10:45AM – 11:00AM <u>Seated Strength & Stretch[^]</u>		08:30AM – 09:00AM <u>Cardio Core</u>
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>	11:00AM – 11:30AM <u>Barre[^]</u>
12:00PM – 12:45PM <u>Zumba+</u>	12:00PM – 12:45PM <u>Strength Training[^]</u>	12:00PM – 12:45PM <u>Yoga</u>	12:00PM – 12:45PM <u>Strength Training[^]</u>	12:00PM – 12:45PM <u>Yoga</u>
01:00PM – 01:30PM <u>Pilates^{^+}</u>	01:00PM – 01:15PM <u>Core and Balance</u>		01:00PM – 01:15PM <u>Core and Balance</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>
05:00PM – 05:45PM <u>Strength Training^{^+}</u>		05:00PM – 05:45PM <u>Strength Training[^]</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 cancelled 1/2/23 and 1/16/23 in observance of company holidays.

GLOBAL HEALTH SERVICES