

March 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>Core</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.

GLOBAL HEALTH SERVICES