

May 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>Kickboxing</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>
		Specialty Class 12:00pm – 12:30pm <u>AMRAP</u> 5/24 only		1:00PM – 1:30PM <u>Total Body Conditioning</u> [^]
03:00PM – 03:45PM <u>Yoga</u> ⁺	03:00PM – 03:30PM <u>Total Body Conditioning</u> [^]	03:00PM – 03:30PM <u>Pilates</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 5/29/23 in observance of Memorial Day.

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