

September 2023

Virtual Group Exercise Schedule

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				08:30AM – 09:00AM <u>Cardio Core</u>
		10:45AM – 11:00AM <u>Seated Strength & Stretch^</u>		
11:00AM – 11:30AM <u>Barre^+</u>	11:00AM – 11:30AM <u>Yoga Core Fusion</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>	11:30AM – 12:00PM <u>Total Body Conditioning^</u>
			12:00PM – 12:45PM <u>Zumba</u> 9/28 ONLY	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>		
05:00PM – 05:45PM <u>Strength Training^+</u>			05:00PM – 05:45PM <u>Yoga</u>	
	08:00PM – 08:45PM <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 9/4 in observance of company holiday.

Johnson & Johnson

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