



VIRTUAL GROUP FITNESS CLASSES  
**September 1 - October 30**

| TIMES               | MONDAY                                     | TUESDAY                                     | WEDNESDAY  | THURSDAY                                    | FRIDAY                               |
|---------------------|--|---|--|---|--------------------------------------|
| 11:00 am - 11:30 am |  |   | <b>Barre Yoga</b><br><i>Michelle</i><br>9/3 - 9/30<br>(Will continue if well-attended) |   |                                      |
| 11:30 am - 12:00 pm | <b>Chair Yoga</b><br><i>Michelle</i>       | <b>Bodyweight Strength</b><br><i>Justin</i> | <b>Chair Yoga</b><br><i>Michelle</i>   | <b>Bodyweight Strength</b><br><i>Justin</i> | <b>Barre Yoga</b><br><i>Michelle</i> |
| 12:00 pm - 12:30 pm | <b>Multi-Level Yoga</b><br><i>Michelle</i> | <b>Zumba</b><br><i>Justin</i>               | <b>Multi-Level Yoga</b><br><i>Michelle</i>   | <b>Zumba</b><br><i>Justin</i>               | <b>Yoga Flow</b><br><i>Michelle</i>  |

# Class Descriptions

**Barre Yoga:** Dance conditioning inspired workout that challenges and sculpts your body. This multi-level class fuses the best of strength, balance and yoga.

**Chair Yoga:** This 30-minute class combines breathing exercises and stretching to create a practice that can be done anywhere, anytime...from your chair! This class is perfect for those just beginning their journey and those needing time to recover from injury or more intense workouts.

**Yoga (Multi-Level):** Yoga classes are designed for students of all levels. Modifications are provided for each pose to allow you to get the best yoga experience regardless if you are new to yoga or have been practicing for years. Yoga is about proper breathing and creating balance in the body through developing both strength and flexibility.

**Yoga Flow:** A more vigorously moving yoga class which incorporates breath with movement to tone, cleanse, and strengthen both body and mind. This class flows through a set of physical exercises and sequences. Standing postures engage large muscle groups before moving on to core strengthening and flexibility-building mat work.

**Zumba Fitness®:** Zumba means “to move fast and have fun. This program combines Latin and international music with dance and exercise moves. These classes are taught by certified Zumba instructors.

**Body Weight Strength:** This class will focus on working all muscle groups with a variety of strength and conditioning exercises. You will tone both the upper and lower body using your own bodyweight - no equipment needed!

