



# VIRTUAL GROUP FITNESS CALENDAR

Virtual Classes Available through Zoom

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>8:55am-9:40am</b> Chair Yoga*	<b>8:55am-9:40am</b> Chair Yoga*	<b>8:55am-9:25am</b> Flex & Bal		<b>8:55am-9:25am</b> Flex & Bal	
<b>9:45am-10:45am</b> Gentle Yoga	<b>9:45am-10:15am</b> Instructor Special			<b>9:30am-10:00am</b> Fun Fit	
	<b>10:20am-10:50am</b> Flex & Balance	<b>10:30am-11:00am</b> Stability Ball	<b>10:00am-10:45am</b> Chair Yoga*		
			<b>11:00am-12:00pm</b> Gentle Yoga	<b>10:30am-11:00am</b> Flex & Bal*	<b>11am-11:30am</b> Inst. Special
<b>12:00pm-12:30pm</b> Flex & Bal*		<b>12:00pm-12:30pm</b> Flex & Bal*		<b>11:05am-11:35am</b> Fun Fit*	
<b>12:35pm-1:05pm</b> Fun Fit*		<b>12:35pm-1:05pm</b> Fun Fit*			
<b>2:00pm-3:00pm</b> Gentle Yoga	<b>4:30pm-5:00pm</b> Instructor Special	<b>2:00pm-3:00pm</b> Gentle Yoga	<b>4:30pm-5:00pm</b> Instructor Special		
<b>5:25pm-5:55pm</b> Stability Ball	<b>5:25pm-5:55pm</b> Abs / Core				
<b>6:00pm-6:30pm</b> Inst. Special	<b>6:00pm-6:30pm</b> Flex & Balance	<b>5:00pm-5:55pm</b> Yoga Fusion	<b>6:00pm-6:30pm</b> Flex & Balance		

## Description of Classes

**ABS/CORE:** Tighten your midsection and strengthen your abdominals. Your core extends far beyond your abs and is incorporated in almost every movement of the human body. Be core strong! **Please stretch prior to attending this class.**

**CHAIR YOGA:** Enjoy a variety of standing and seated gentle yoga postures to increase balance & flexibility, and reduce stress. Move slowly, at your own pace. Classes end with guided imagery, a form of meditation. Soft lighting provides an atmosphere of peace and comfort. **\*class avoids floor exercises**

**FLEXIBILITY & BALANCE (FLEX & BAL):** Incorporates a variety of stretching and balance exercises to help improve the range of motion of your joints and muscles while improving your overall balance. **\*class avoids floor exercises**

**FUN FIT (FUNCTIONAL FITNESS):** Exercises that use multiple muscles and joints to improve muscular endurance, overall strength, coordination, balance, posture, and agility. This low to moderate intensity class is fun, challenging, and effective full-body workout that prepares the body for every day, real-life activities. Also offered to avoid floor exercises: **\*class avoids floor exercises**

**GENTLE YOGA:** Participate in gentle hatha yoga postures performed slowly, at your own pace, & designed to increase flexibility and reduce stress. Class begins with a gentle "wake up" routine, followed by basic yoga postures, and ends with relaxation and visualization. Wear loose, comfortable clothing, bring a mat, a small towel, and a bottle of water.

**INSTRUCTOR SPECIAL (INST. SPECIAL):** Never get bored again! Let's have fun by leaving it up to the instructor to decide on the type of class to teach. A more intense class that is different every time, such as high intensity interval training, feel the beat, circuit training, and so much more. Modifications demonstrated when available. Recommended for moderate to advance fitness levels.

**STABILITY BALL:** This 30-minute class incorporates multiple, basic and advanced exercises on the stability ball to improve your core strength. Recommended for all fitness levels. INTRO Stability Ball is geared for newcomers and beginners.

**YOGA FUSION:** A series of gentle, dynamic, yoga based movements using breath to strengthen, improve balance, posture and body awareness. This class may use blocks, bands, and/or light weights. Bring a mat and water.