







VIRTUAL GROUP FITNESS

Summer 2020 Mon, July 6 – Thu, July 30

Monday	Tuesday	Wednesday	Thursday
		<p>8:30-9:20 AM SUNRISE BARRE Live via Zoom Cameron V.</p> <p>Rise and shine for barre at home! This class will strengthen your glutes, legs, core, and arms using dance-inspired movements. Feel the burn for an energizing start to your day!</p> 	
<p>12:00-12:30 PM MIX IT UP MONDAY Mix It Up Monday YouTube Recording Rotating Instructors</p> <p>Mix up your Mondays with a new and different class each week such as Tabata Training, Animal Flow, themed yoga and more! Stay tuned for upcoming releases.</p>	<p>12:00-12:30 PM UPPER BODY EXPRESS YouTube Recording Grace G.</p> <p>Fire up the muscles in your upper body during this 30 minute express class! Muscle focus will include the core, chest, back and arms!</p> 		<p>12:00-12:30 PM LOWER BODY EXPRESS YouTube Recording Grace G.</p> <p>Strengthen and tone your legs, glutes, and core during this 30 minute lower body focused workout. Combining both high and low intensity movements you will be sure to feel the burn!</p> 
	<p>5:30-6:20 PM GENTLE YOGA Live via Zoom Cindy F.</p> <p>Relax and release stress from both your body and mind. A classical form of hatha yoga, this slower-paced class is a safe way to begin a new yoga practice or deepen your advanced practice. Learn mindful breathing and relaxation techniques. Experience passive stretches that leave you feeling restored.</p> 		<p>6:00-6:50 PM HATHA VINYASA YOGA Live via Zoom Chris C.</p> <p>Looking for a restorative blend of mindful breathing and flowing yoga postures? Release tension and improve flexibility with this blend of Hatha and Vinyasa yoga. This class is ideal for injury recovery, balance, alignment, and mental focus.</p> 
		<p>6:00-6:50 PM CARDIO DANCE Live via Zoom Julia K.</p> <p>This fun, choreography-based class includes multiple music genres and incorporates toning in addition to aerobic work using easy to follow moves. From the beginner to the highly experienced exerciser: the emphasis is on providing a fun and effective workout for all fitness levels. You're sure to break a sweat with a smile!</p> 	



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Classes with **HIGHLIGHT** are live zoom. Preregister for live classes to receive zoom link for all classes in the schedule through July 30, 2020. Schedule subject to change.