



ZOOM GROUP FITNESS CLASSES

Use your phone to scan the QR code to join the Fitness Class during its scheduled time. Passcode: 902402



Join us on Zoom

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

CARDIO MOVES 10AM

A high energy, music based class. Boost your heart rate while getting your whole body moving. Each movement extends from the core helping you work your midsection

YOGA MASHUP 10AM - 11:30AM

Improve muscle tone, posture, coordination and relieve stress with conditioning exercises, utilizing yoga stretching and strengthening techniques...with a little cardio to boot

CARDIO MOVES 10-11AM

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YOGA MASHUP 10AM - 11:30AM

Improve muscle tone, posture, coordination and relieve stress with conditioning exercises, utilizing yoga stretching and strengthening techniques...with a little cardio to boot

PLAZA DESKERCISE 11AM - 12PM

Seated and standing exercises that tone muscles, improve cardiovascular fitness, and burn calories. We work on core conditioning and elongation techniques

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