



# 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**

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**

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**

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**

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