



Mar 31- Apr 4, 2025 Employee Group Fitness Schedule

TIME	MON 3/31	TUE 4/1	WED 4/2	THU 4/3	FRI 4/4
11:30 AM	<u>All Levels Yoga (Virtual or In-Person)</u>				<u>Chair Yoga (Virtual or In-Person)</u>
5:00 PM	Strength & Stamina Express	Boot Camp Express		Pilates	
5:30 PM			Zumba		

Thank you for joining us for our virtual events! Please be sure to review and acknowledge this [waiver](#) if this is your first time joining us. Most of the events are recorded and can be accessed by clicking on the attendee link





April 7-11, 2025 Employee Group Fitness Schedule

TIME	MON 4/7	TUE 4/8	WED 4/9	THU 4/10	FRI 4/11
7:00 AM				Cycle & Strength	
11:30 AM					<u>Chair Yoga</u> <u>(Virtual or In-Person)</u>
12:15 PM		Lunch Time Power Yoga		Lunch Time Power Yoga	
4:45 PM	Cardio Dance				
5:30 PM	Strength & Stamina	Boot Camp	Zumba	Cardio Kickboxing	

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April 14-18, 2025 Employee Group Fitness Schedule

TIME	MON 4/14	TUE 4/15	WED 4/16	THU 4/17	FRI 4/18
7:00 AM				Cycle & Strength	
11:30 AM	<u>All Levels Yoga (Virtual or In-Person)</u>				
12:15 PM		Lunch Time Power Yoga		Lunch Time Power Yoga	
4:45 PM	Cardio Dance				
5:30 PM	Strength & Stamina	Boot Camp	Zumba	Cardio Kickboxing	

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April 21-28, 2025 Employee Group Fitness Schedule

TIME	MON 4/21	TUE 4/22	WED 4/23	THU 4/24	FRI 4/25
7:00 AM				Cycle & Strength	
11:30 AM	<u>All Levels Yoga (Virtual or In-Person)</u>				<u>Chair Yoga (Virtual or In-Person)</u>
12:15 PM		Lunch Time Power Yoga		Lunch Time Power Yoga	
4:45 PM	Cardio Dance				
5:30 PM	Strength & Stamina	Boot Camp	Zumba	Cardio Kickboxing	

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April 28-30, 2025 Employee Group Fitness Schedule

TIME	MON 4/28	TUE 4/29	WED 4/30		
7:00 AM					
11:30 AM	<u>All Levels Yoga (Virtual or In-Person)</u>				
12:15 PM		Lunch Time Power Yoga			
4:45 PM	Cardio Dance				
5:30 PM	Strength & Stamina	Boot Camp	Zumba Glow Party		

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Event Descriptions:

Yoga (all levels):

Join us for simple flowing sequences to warm up the body, where postures are taught in a safe and supportive manner, incorporating the basic principles of alignment and breathing. Through the practice of yoga, flexibility, strength, balance and focus are developed. From this body and mental awareness, a healthy new lifestyle can be achieved. Each class will include a period of relaxation. No experience or flexibility required.

Strength and Stamina:

No equipment? No problem. This total body strength circuit includes a variety of classic bodyweight exercises to work your body from head to toes. Did we mention balance and core work is included? All fitness levels welcome with options to progress. Work up a sweat with us when you perform these strength bodyweight moves in a circuit.

Boot Camp:

Boot Camp is a total body, heart pumping, aerobic & strength conditioning workout. This class integrates a dynamic warm-up, full-body movements, and high intensity interval training in order to achieve a physiological effect called excess post-exercise oxygen consumption (EPOC). EPOC has been shown to burn calories long after workout is complete (up to 48 hours).

Zumba:

Build cardiovascular health, coordination, and balance by challenging the heart and working the muscles of the hips, legs, and arms with dance moves.

Kickboxing:

Get a kick out of fitness! Aerobic exercise with boxing & traditional martial arts patterns provides constant low-centered movements to strengthen your muscles & give your heart a workout!

Cycling (NEW!!!):

Cycling combines a foundation of basic cycling movements, motivational coaching techniques and breathing awareness. Great cardiovascular training on indoor bikes with great music, lots of energy to help you make the most out of your workout

Chair Yoga:

This gentle form of yoga is practiced sitting on a chair or using a chair for support during standing poses. This class helps increase flexibility, lung capacity, circulation, and strength, improves balance, and relieves stress. The class incorporates breathing exercises, stretching, yoga postures, and final relaxation.

Fusion Friday:

Cycle and Bar

Throwback Thursday:

Cardio Dance

Tabata Tuesday:

High Intensity Interval Training. High energy! 20 seconds of high intensity exercise followed by 10 seconds of rest.

Lunch Time All Levels Power Yoga:

Power Vinyasa Flow Yoga is a powerful, energetic form of yoga where students fluidly move from one pose to the next while connecting their breathing to their movements. Open to all experience levels and abilities.

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