



February 2025 Well-Being Events



Date:	Time:	Event and Link:
Monday, February 3, 2025	11:30 am –12:10 pm	Yoga (all levels) (Virtual/In-Person)
	12:00 pm—1:00 pm	Understanding Emotional Triggers by Acentra Health (Virtual)
	5:30 pm—6:15 pm	Strength & Stamina (In-Person)
Tuesday, February 4, 2025	12:15 pm—12:45 pm	Lunch Time All Levels Power Yoga (In-Person)
	5:30 pm—6:15 pm	Boot Camp (In-Person)
Wednesday, February 5, 2025	5:30 pm—6:00 pm	Zumba (In-Person)
Thursday, February 6, 2025	5:30 pm– 6:15 pm	Cardio Kickboxing (In-Person)
Friday, February 7, 2025	7:30 am—8:00 am	Zumba For Heart (In-Person)
Monday, February 10, 2025	11:00 am—11:30 am	Making the Most of the USG Well-Being Program by USG (Virtual)
	11:30 am –12:10 pm	Yoga (all levels) (Virtual/In-Person)
	5:30 pm—6:15 pm	Strength & Stamina (In-Person)
Tuesday, February 11, 2025	12:15 pm—12:45 pm	Lunch Time All Levels Power Yoga (In-Person)
Wednesday, February 12, 2025	5:30 pm—6:00 pm	Zumba (In-Person)
Thursday, February 13, 2025	12:15 pm—1:00 pm	Lunch Time All Levels Power Yoga (In-Person)
	5:30 pm– 6:15 pm	Cardio Kickboxing (In-Person)
Friday, February 14, 2025	11:30 am—12:10 pm	Chair Yoga (Virtual/In-Person)
Monday, February 17, 2025	5:30 pm—6:15 pm	Strength & Stamina (In-Person)
Tuesday, February 18, 2025	10:00 am—11:00 am	EAP 101 by Acentra Health (Virtual)
	12:15 pm—12:45 pm	Lunch Time All Levels Power Yoga (In-Person)
	5:30 pm—6:15 pm	Boot Camp (In-Person)
Wednesday, February 19, 2025	5:30 pm—6:00 pm	Zumba (In-Person)
Thursday, February 20, 2025	12:15 pm—1:00 pm	Lunch Time All Levels Power Yoga (In-Person)
	5:30 pm– 6:15 pm	Cardio Kickboxing (In-Person)
Friday, February 21, 2025	11:30 am—12:10 pm	Chair Yoga (Virtual/In-Person)
Monday, February 24, 2025	11:30 am –12:10 pm	Yoga (all levels) (Virtual/In-Person)
	12:15 pm—12:45 pm	Lunch Time All Levels Power Yoga (In-Person)
	5:30 pm—6:15 pm	Strength & Stamina (In-Person)
Tuesday, February 25, 2025	5:30 pm—6:15 pm	Boot Camp (In-Person)
Wednesday, February 26, 2025	7:15 am—7:45 am	Pedal and Pulse (In-Person)
	12:15 pm—12:45 pm	Lunch Time All Levels Power Yoga (In-Person)
	5:30 pm—6:00 pm	Zumba (In-Person)
Friday, February 28, 2025	11:30 am—12:10 pm	Chair Yoga (Virtual/In-Person)



February 2025 Heart Month Special Classes



Date:	Time:	Class:
Wednesday, February 5, 2025	7:15 am—7:45 am	HIIT For Heart with Cindy
Thursday, February 6, 2025	12:15 pm—1:00 pm	Yoga For Heart with Jane
Friday, February 7, 2025	7:30 am—8:00 am	Heart Fit Zumba with Che
Tuesday February 11, 2025	5:30pm-6:15pm	Heart Strong Boot Camp with Karen
Wednesday, February 12, 2025	7:15 am—7:45 am	Cycle Beats with Cindy
Monday, February 17, 2025	11:30 am –12:10 pm	Yoga For Heart with Deborah
Wednesday, February 19, 2025	7:15 am—7:45 am	Heart Strong Circuit with Cindy
Wednesday, February 26, 2025	7:15 am—7:45 am	Pedal and Pulse with Cindy
Thursday, February 27, 2025	5:30 pm-6:15 pm	Heart Warrior Workout with Karen

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.

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

