



NEW Virtual Group Fitness Classes

Summer Series, July 23 through August 30, for all fitness levels



We have fun new ways to help you move in ways that work for you! You'll get even closer to your Move for a Million challenge goals by joining our series of NEW virtual group fitness classes. Between July 23 and August 30, we're offering a six-week summer series with a variety of low- and high-impact classes designed for all fitness levels, from beginner to advanced.

Register for the entire series, which includes 12 virtual group fitness classes, and join whenever you can. Can't make a class, no worries we'll send you a link to our on-demand library of recordings after each class ends. Because there are so many ways to move our bodies. Why would we leave anything out?

Summer series schedule, see class descriptions on back page:

SCAN TO REGISTER:



- **July 23 at 5:30 pm** (30 min), Core Strength, *designed for all fitness levels*
- **July 25 at 7:15 am** (45 min), Slow Flow Yoga, *designed for all fitness levels*
- **July 30 at 4 pm** (45 min), Total Body Strength, *designed for intermediate to advanced fitness levels*
- **Aug 2 at 7:30 am** (20 min), HIIT, *designed for intermediate to advanced fitness levels*
- **Aug 7 at 7 am** (30 min), Foundational Fitness, *designed for beginner fitness level*
- **Aug 8 at 4 pm** (45 min), Dance Fusion, *designed for intermediate fitness level*
- **Aug 12 at 3 pm** (30 min), Barre, *designed for all fitness levels*
- **Aug 13 at 8 am** (45 min), Total Body Strength, *designed for intermediate to advanced fitness levels*
- **Aug 19 at 7 am** (45 min), Foundational Fitness, *designed for beginner fitness level*
- **Aug 21 at 8 am** (30 min), Yin Yoga, *designed for all fitness levels*
- **Aug 28 at 4 pm** (30 min), HIIT, *designed for intermediate fitness level*
- **Aug 30 at 12 pm** (45 min), Total Body Strength, *designed for intermediate to advanced fitness levels*

Barre: In this class, we'll use workout techniques inspired by ballet, yoga, and Pilates. It includes low-impact, high-intensity movements designed to strengthen your body. This class is designed for all fitness levels and may incorporate light-hand weights. If you don't have weights, we'll provide alternative options.

Core Strength: This low impact class will help to lay the foundation for overall strength, stability and balance by challenging and strengthening the core, hips and glutes. Designed for all fitness levels, this class will challenge both beginners and fitness enthusiasts.

Dance Fusion: In this fast-paced dance fitness class, we'll complete intervals of strength training. This class is designed for intermediate fitness levels and anyone who is ready to sweat, raise their heart rate and have fun. No prior dance training is required.

Foundational Fitness: In this beginner-level class, we'll cover how to start a strength training program and focus on range of motion, functional movement, strength, balance and stability. This class is designed for beginner fitness levels and all exercises can be done standing while holding onto a chair-back or seated for stability needs.

High Intensity Interval Training (HIIT): In this class, we'll alternate between short, intense exercises and brief periods of recovery. We'll focus on a variety of exercises designed to increase your heart rate and fatigue your muscles, such as jumping jacks, squats and burpees. Designed for intermediate to advanced fitness levels.

Slow Flow Yoga: In this class you'll experience the more meditative and calming effects of yoga, while adding strength and flexibility exercises. Designed for all fitness levels, we'll find space between poses with gentle meditation in motion.

Total Body Strength: In this energetic class we'll focus on building strength, improving cardiovascular fitness, and strengthening your core. This class incorporates both body-weight exercises and light, medium and heavy weights and/or kettlebells. If you don't have weights, we'll provide alternative options. This class is designed for intermediate to advanced fitness levels and will include transitions to and from the floor.

Yin Yoga: In this gratifying and restorative form of Yoga, we'll move slowly and deeply into each pose—and hold for several minutes. This class is designed for all fitness levels and for anyone interested in increasing their range of motion, improving hip mobility and practicing balanced breathing.

