

VIRTUAL FITNESS & YOGA CLASS SCHEDULE

Thanksgiving Week, 2020

Tuesday 11/24	Wednesday 11/25	Thursday 11/26 Thanksgiving Day	Friday 11/27	Saturday 11/28
<p>9:30am YOGA & MEDITATION FOR STRESS RELIEF <i>with Shoshana (60 min)</i> Free for members \$10 for non-members</p> <p>Call or email for Zoom link Classes include meditation to promote quiet & contemplation, breathing & chanting to balance the nervous system & flowing asana sequences that gently energize the body. Focused on relieving stress & rejuvenating body & mind.</p>	<p>9:30am BODY SCULPT <i>with Carly (60 min)</i> Free for members \$10 for non-members</p> <p>Call or email for Zoom link This class keeps you guessing! Each class has a mix of circuits of strength training, HIIT cardio, Barre-inspired sculpting, & core work — using equipment like gliding discs, dumbbells, resistance bands, & your own body weight. Modifications are offered for every level.</p> <p>5:00pm BODYWEIGHT BOOTCAMP <i>with Andrew (60 min)</i> Free for members \$10 for non-members</p> <p>Call or email for Zoom link Focused on building strength and delivering a total body workout. This class includes a dynamic warm-up, core strength circuit, upper and lower body exercises, and a stretching series at the end. Modifications and progressions offered for all levels.</p>	<p>9:30am GENTLE FLOW & RESTORE <i>with Shoshana (60 min)</i> Free for all participants Happy Thanksgiving!</p> <p>Call or email for Zoom link This mixed-level class is designed to revitalize the body & soothe the nervous system. A gentle flow sequence promotes tone, balance, & flexibility. The class concludes with a series of supportive restorative postures to invite deep ease & relaxation.</p>	<p>9:30am BODY SCULPT <i>with Carly (60 min)</i> Free for members \$10 for non-members</p> <p>Call or email for Zoom link This class keeps you guessing! Each class has a mix of circuits of strength training, HIIT cardio, Barre-inspired sculpting, & core work — using equipment like gliding discs, dumbbells, resistance bands, & your own body weight. Modifications are offered for every level.</p>	<p>8:30am BODYWEIGHT BOOTCAMP <i>with Andrew (60 min)</i> Free for members \$10 for non-members</p> <p>Call or email for Zoom link Focused on building strength and delivering a total body workout. This class includes a dynamic warm-up, core strength circuit, upper and lower body exercises, and a stretching series at the end. Modifications and progressions offered for all levels.</p>