

Adult Virtual Fitness Classes

Fee Options for Virtual Fitness: General Classes

Choose (2) class options per week: \$55.00 for (8) weeks

Choose (4) class options per week: \$77.00 for (8) weeks

All (14) class options per week: \$110.00 for (8) weeks

All (14) class options per week plus access to On Demand Library: \$132.00 for eight weeks
(On Demand Library: Videos of recorded classes that you can watch during your own time)

All participants must be 14 years of age or older.

WINTER SESSION DATES: February 8th through April 4th, 2021

ACTIVITY	DAY	DATES	TIME
Total Body Conditioning	MON	2/8-3/29	8:30am
Myofascial Restorative Body Work	MON	2/8-3/29	5:00pm
Full Body Muscle– Stability Ball	TUES	2/9-3/30	9:00am
Yoga	TUES	2/9-3/30	5:30pm
BollyX	TUES	2/9-3/30	6:30pm
Barre	WED	2/10-3/31	8:15am
Lets Lift	WED	2/10-3/31	9:30am
Tabata/ Muscle	WED	2/10-3/31	5:30pm
Low Impact HIIT w/ Glutes/Abs Exp. 30	THUR	2/11-4/1	8:00am
Pilates with Weights	THUR	2/11-4/1	9:00am
Friday Fusion Core Crushes Exp. 30min	FRI	2/12-4/2	8:30am
Legs and Booty Resistance Band	FRI	2/12-4/2	9:00am
HIIT– Low Impact Full Body Circuit	SAT	2/13-4/3	9:00am
Yoga	SAT	2/13-4/3	10:15am
Barre	SUJ	2/14-4/4	9:15am
Yoga	SUN	2/14-4/4	10:30am