

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

December 2020

Parker Health & Wellness
Virtual Programming Calendar

	<p>1 8:30-9AM- Morning Stretch 9:30-10:30AM- Healthy Bones 11AM- Stretch & Strength</p> <p>1PM- Interval Training 2PM- Circuit Train 6PM- Exercise Video</p>	<p>2 8:30-8:45AM- Morning Stretch 9AM- Kickboxing 10AM- Move & Groove 11AM- Total Body Train</p> <p>1PM- Better Balance 2PM- Upper Cut 6PM- Exercise Video</p>	<p>3 8:30-8:45AM- Morning Stretch 9AM- Boot Camp 10AM- Strength & Stretch 11AM- "Tips for Holiday Shopping"</p> <p>1PM- Lower Body Train 2PM- Yoga 6PM- Exercise Video</p>	<p>4 8:30-8:45AM- Morning Stretch 9AM- Kickboxing 10AM- Upper Cut 11AM- Sit & "B" Fit</p> <p>1PM- Below the Belt 2PM- Chair to Air 6PM- Exercise Video</p>	<p>5 9:00- 9:45 AM Overdrive Training</p>	
<p>6 8:30-8:45AM- Morning Stretch 9AM- Mindful Yoga 10AM- Zumba Gold 11AM- Muscle Maker</p> <p>1PM- Sit & "B" Fit 2PM- Strength & Stretch 6PM- Exercise Video</p>	<p>7 8:30-9AM- Morning Stretch 9:30-10:30AM- Healthy Bones 11AM- Stretch & Strength</p> <p>1PM- Interval Training 2PM- Circuit Train 6PM- Exercise Video</p>	<p>8 8:30-8:45AM- Morning Stretch 9AM- Kickboxing 10AM- Move & Groove 11AM- Total Body Train</p> <p>1PM- Better Balance 2PM- Upper Cut 6PM- Exercise Video</p>	<p>9 8:30-8:45AM- Morning Stretch 9AM- Boot Camp 10AM- Strength & Stretch 11AM- "Bow Making"</p> <p>1PM- Lower Body Train 2PM- Yoga 6PM- Exercise Video</p> <p><small>Hanukkah Begins</small></p>	<p>10 8:30-8:45AM- Morning Stretch 9AM- Kickboxing 10AM- Upper Cut 11AM- Sit & "B" Fit</p> <p>1PM- Below the Belt 2PM- Chair to Air 6PM- Exercise Video</p>	<p>11 8:30-8:45AM- Morning Stretch 9AM- Kickboxing 10AM- Upper Cut 11AM- Sit & "B" Fit</p> <p>1PM- Below the Belt 2PM- Chair to Air 6PM- Exercise Video</p>	<p>12 9:00- 9:45 AM Overdrive Training</p>
<p>13 8:30-8:45AM- Morning Stretch 9AM- Mindful Yoga 10AM- Zumba Gold 11AM- Muscle Maker</p> <p>1PM- Sit & "B" Fit 2PM- Strength & Stretch 6PM- Exercise Video</p>	<p>14 8:30-9AM- Morning Stretch 9:30-10:30AM- Healthy Bones 11AM- Stretch & Strength</p> <p>1PM- Interval Training 2PM- Circuit Train 6PM- Exercise Video</p>	<p>15 8:30-8:45AM- Morning Stretch 9AM- Kickboxing 10AM- Move & Groove 11AM- Total Body Train</p> <p>1PM- Better Balance 2PM- Upper Cut 6PM- Exercise Video</p>	<p>16 8:30-8:45AM- Morning Stretch 9AM- Boot Camp 10AM- Strength & Stretch 11AM- "Recipe Remix"</p> <p>1PM- Lower Body Train 2PM- Yoga 6PM- Exercise Video</p>	<p>17 8:30-8:45AM- Morning Stretch 9AM- Kickboxing 10AM- Upper Cut 11AM- Sit & "B" Fit</p> <p>1PM- Below the Belt 2PM- Chair to Air 6PM- Exercise Video</p>	<p>18 8:30-8:45AM- Morning Stretch 9AM- Kickboxing 10AM- Upper Cut 11AM- Sit & "B" Fit</p> <p>1PM- Below the Belt 2PM- Chair to Air 6PM- Exercise Video</p>	<p>19 9:00- 9:45 AM Overdrive Training</p>
<p>20 8:30-8:45AM- Morning Stretch 9AM- Mindful Yoga 10AM- Zumba Gold 11AM- Muscle Maker</p> <p>1PM- Sit & "B" Fit 2PM- Strength & Stretch 6PM- Exercise Video</p> <p><small>Winter Begins</small></p>	<p>21 8:30-9AM- Morning Stretch 9:30-10:30AM- Healthy Bones 11AM- Stretch & Strength</p> <p>1PM- Interval Training 2PM- Circuit Train 6PM- Exercise Video</p>	<p>22 8:30-8:45AM- Morning Stretch 9AM- Kickboxing 10AM- Move & Groove 11AM- Total Body Train</p> <p>1PM- Better Balance 2PM- Upper Cut 6PM- Exercise Video</p>	<p>23 8:30-8:45AM- Morning Stretch 9AM- Boot Camp 10AM- Strength & Stretch 11AM- Scarf Tying</p> <p>---PRE-RECORDED--- 1PM- Lower Body Train 2PM- Yoga 6PM- Exercise Video</p>	<p>24 8:30-8:45AM- Morning Stretch 9AM- Kickboxing 10AM- Upper Cut 11AM- Sit & "B" Fit</p> <p>1PM- Below the Belt 2PM- Chair to Air 6PM- Exercise Video</p>	<p>25 No Classes Happy Holiday!</p> <p><small>Christmas</small></p>	<p>26 9:00- 9:45 AM Overdrive Training</p> <p><small>Boxing Day (Canada) Kwanzaa Begins</small></p>
<p>27 8:30-8:45AM- Morning Stretch 9AM- Mindful Yoga 10AM- Zumba Gold 11AM- Muscle Maker</p> <p>1PM- Sit & "B" Fit 2PM- Strength & Stretch 6PM- Exercise Video</p>	<p>28 8:30-9AM- Morning Stretch 9:30-10:30AM- Healthy Bones 11AM- Stretch & Strength</p> <p>1PM- Interval Training 2PM- Circuit Train 6PM- Exercise Video</p>	<p>29 8:30-8:45AM- Morning Stretch 9AM- Kickboxing 10AM- Move & Groove 11AM- Total Body Train</p> <p>1PM- Better Balance 2PM- Upper Cut 6PM- Exercise Video</p>	<p>30 8:30-8:45AM- Morning Stretch 9AM- Boot Camp 10AM- Strength & Stretch 11AM- Resolutions</p> <p>---PRE-RECORDED--- 1PM- Lower Body Train 2PM- Yoga 6PM- Exercise Video</p> <p><small>New Year's Eve</small></p>	<p>31 8:30-8:45AM- Morning Stretch 9AM- Kickboxing 10AM- Upper Cut 11AM- Sit & "B" Fit</p> <p>1PM- Below the Belt 2PM- Chair to Air 6PM- Exercise Video</p>	<p>For more information about our Health & Wellness Membership Program, please contact (732) 565-2421 or Imorell@parkerlife.org.</p>	

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Virtual Exercise Class Description

Sit & "B" Fit

30-minute chair class for all fitness levels to support flexibility, range of motion, core strength and functional movement

Chair Kickboxing

Punch & kick your way through by utilizing moves to strengthen your upper & lower body, while getting a great cardiovascular workout. Weights are optional.

Interval Training

Improve your cardiovascular efficacy with short bursts of aerobic energy and strength exercises. It is an enjoyable alternative to a typical aerobic workout

Upper Cut

Strength & flexibility toning for your arms and upper body through resistance training exercises. Weights are optional.

Total Body Workout

Body conditioning to help firm, shape and redefine your total physique from your head to your toes.

Zumba Gold

Easy to follow Latin dance steps to improve cardiovascular health.

Move & Groove

Casual exercise patterns performed standing to improve functional fitness for your heart, legs and arms.

Circuit Training

Body conditioning that involves aerobic, resistance & endurance training in a circuit

Overdrive

45-minute class performed in 15-minute intervals to improve physical strength, heart health & flexibility.

Muscle Maker

Utilization of precise movements focusing on form & technique to build upper & lower body strength.

Mindful yoga

Mind-Body workout that combines strengthening & stretching poses with deep breathing for meditative practices

Better Balance

Strength train the muscles in your chest, back, core and legs for improved posture, coordination, and physical balance.

Boot Camp

A workout that incorporates intense bursts of kickboxing exercise alternated with lighter fitness activities.

Below the Belt

Stretching, Strengthening and Flexion of the muscles of the lower body to improve balance, stamina, and endurance

Chair to Air

A high-energy class that blends boxing & aerobics from the chair to a standing position. Punch, kick & fight your way to a healthier you