

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	<p>1</p> <p>8:15AM- Mindful Yoga 9AM- Sit & "B" Fit 10AM- Zumba Gold 11AM- Muscle Maker- Anne</p> <p>1PM- Strength & Stretch 2PM- Seated Kickboxing 6PM- Pre-Recorded Video</p>	<p>2</p> <p>9:30-10:30- Healthy Bones (Registration is Required) 11AM- Stretch & Strength</p> <p>1PM- Interval Training 2PM- Sit & "B" Fit 6PM- Pre-Recorded Video</p> <p style="text-align: center;"><small>Groundhog Day</small></p>	<p>3</p> <p>9AM- Kickbox Boot Camp 10AM- Move & Groove 11AM- Better Balance</p> <p>1PM- Total Body Training 2PM- Upper Cut 6PM- Pre-Recorded Video</p>	<p>4</p> <p>8:00AM- "Talking with your Doctor Virtually" –Chris Kellogg 9AM- Total Body Train 10AM- Muscle Maker 11AM- Chair to Air</p> <p>1PM- Zumba Gold 2PM- Strength & Stretch 6PM- Pre-Recorded Video</p>	<p>5</p> <p>9AM- Seated Kickboxing 10AM- Upper Cut. 11AM- Below the Belt</p> <p>1PM- Sit & "B" Fit 2PM-Strength & Stretch 6PM- Pre-Recorded Video</p>	<p>6</p> <p>9:00- 9:45 AM Overdrive Training</p>
7	<p>8</p> <p>8:15AM- Mindful Yoga 9AM- Sit & "B" Fit 10AM- Zumba Gold 11AM- Muscle Maker- Anne</p> <p>1PM- Strength & Stretch 2PM- Seated Kickboxing 6PM- Pre-Recorded Video</p>	<p>9</p> <p>9:30-10:30- Healthy Bones (Registration is Required) 11AM- Stretch & Strength</p> <p>1PM- Interval Training 2PM- Sit & "B" Fit 6PM- Pre-Recorded Video</p>	<p>10</p> <p>9AM- Kickbox Boot Camp 10AM- Move & Groove 11AM- Better Balance</p> <p>1PM- Total Body Training 2PM- Upper Cut 6PM- Pre-Recorded Video</p>	<p>11</p> <p>8:00AM- "Healthy Heart" – Presented by, Jennifer Shukitis 9AM- Total Body Train 10AM- Muscle Maker 11AM- Chair to Air</p> <p>1PM- Zumba Gold 2PM- Strength & Stretch 6PM- Pre-Recorded Video</p> <p style="text-align: center;"><small>Chinese New Year (Year of the Ox)</small></p>	<p>12</p> <p>9AM- Seated Kickboxing 10AM- Upper Cut. 11AM- Below the Belt</p> <p>1PM- Sit & "B" Fit 2PM-Strength & Stretch 6PM- Pre-Recorded Video</p>	<p>13</p> <p>9:00- 9:45 AM Overdrive Training</p>
14	<p>15</p> <p>8:15AM- Mindful Yoga 9AM- Sit & "B" Fit 10AM- Zumba Gold 11AM- Muscle Maker- Anne</p> <p>1PM- Strength & Stretch 2PM- Seated Kickboxing 6PM- Pre-Recorded Video</p> <p style="text-align: center;"><small>Presidents' Day</small></p>	<p>16</p> <p>9:30-10:30- Healthy Bones (Registration is Required) 11AM- Stretch & Strength</p> <p>1PM- Interval Training 2PM- Sit & "B" Fit 6PM- Pre-Recorded Video</p> <p style="text-align: center;"><small>Mardi Gras</small></p>	<p>17</p> <p>9AM- Kickbox Boot Camp 10AM- Move & Groove 11AM- Better Balance</p> <p>1PM- Total Body Training 2PM- Upper Cut 6PM- Pre-Recorded Video</p>	<p>18</p> <p>8:00AM- "Sodium" Presented by, Jennifer Skukitis 9AM- Total Body Train 10AM- Muscle Maker 11AM- Chair to Air</p> <p>1PM- Zumba Gold 2PM- Strength & Stretch 6PM- Pre-Recorded Video</p>	<p>19</p> <p>9AM- Seated Kickboxing 10AM- Upper Cut. 11AM- Below the Belt</p> <p>1PM- Sit & "B" Fit 2PM-Strength & Stretch 6PM- Pre-Recorded Video</p>	<p>20</p> <p>9:00- 9:45 AM Overdrive Training</p>
21	<p>22</p> <p>8:15AM- Mindful Yoga 9AM- Sit & "B" Fit 10AM- Zumba Gold 11AM- Muscle Maker- Anne</p> <p>1PM- Strength & Stretch 2PM- Seated Kickboxing 6PM- Pre-Recorded Video</p>	<p>23</p> <p>9:30-10:30- Healthy Bones (Registration is Required) 11AM- Stretch & Strength</p> <p>1PM- Interval Training 2PM- Sit & "B" Fit 6PM- Pre-Recorded Video</p>	<p>24</p> <p>9AM- Kickbox Boot Camp 10AM- Move & Groove 11AM- Better Balance</p> <p>1PM- Total Body Training 2PM- Upper Cut 6PM- Pre-Recorded Video</p>	<p>25</p> <p>8:00AM- Meet the Amazing dog "Casey" with Lori Stevens 9AM- Total Body Train 10AM- Muscle Maker 11AM- Chair to Air</p> <p>1PM- Zumba Gold 2PM- Strength & Stretch 6PM- Pre-Recorded Video</p> <p style="text-align: center;"><small>Purim Begins</small></p>	<p>26</p> <p>9AM- Seated Kickboxing 10AM- Upper Cut. 11AM- Below the Belt</p> <p>1PM- Sit & "B" Fit 2PM-Strength & Stretch 6PM- Pre-Recorded Video</p> <p>9AM- Seated Kickboxing</p>	<p>27</p> <p>9:00- 9:45 AM Overdrive Training</p>
28	 <h1 style="font-family: cursive; color: #f0e68c;">February 2021</h1> <h2 style="font-family: cursive; color: #f0e68c;">Health & Wellness Schedule</h2> 					

Virtual Exercise Class Descriptions:

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

Special Events:

MARK YOUR CALENDARS!

"Talking with your Doctor virtually" with Chris Kellog

Date: Thursday, February 4 at 8:00AM

"Healthy Heart" – Presentation by, Jennifer Shukitis

Date: Tuesday, February 11 at 8:00AM

"Sodium" – Presentation by, Jennifer Shukitis

Date: Thursday, February 18 at 8:00AM

Meet the Amazing Dog "Casey" with Lori Stevens

Date: Tuesday, February 28 at 8:00 AM