



Virtual Group Exercise Schedule

July 22 – August 11

Instructor: Anne McKenna

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Pilates Plus	7-7:45 am		7-7:45 am		7-7:45 am	
TBC		7-7:45 am		7-7:45 am		
Zumba		8-8:45 am		8-8:45 am		8-8:45 am

Pilates Plus: This class is specifically designed to increase core strength, balance and flexibility.

TBC: Total Body Conditioning: An all-encompassing workout designed to produce total body results. This fast moving work out conditions your cardiovascular system and nearly every muscle group in your body.

Zumba: Dance your way to a fitter you. This class incorporates unique Latin rhythms with calorie burning dance movements.