
















PARKWAY **PARKWAY'S** **REOCCURRING** **VIRTUAL FITNESS** **CLASSES**

JUNE 2021

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
 HATHA YOGA SIEW-BEE @ 11:30 a.m. - 12:15 p.m.	 HIIT ASHLEY @ 11:30 a.m. - 12:15 p.m.	 TABATA INTERVALS NATALIA @ 11:30 a.m. - 12:15 p.m.	 MUSCLE SCULPT ASHLEY @ 11:30 a.m. - 12:15 p.m.	 BARRE FIT EDIE @ 11:30 a.m. - 12:15 p.m.
 POWER CIRCUIT NATALIA @ 12:30 p.m. - 1:15 p.m.	 MUSCLE SCULPT NATALIA @ 12:30 p.m. - 1:15 p.m.	 TOTAL BODY CONDITIONING EDIE @ 12:30 p.m. - 1:15 p.m.	 CARDIO KICKBOXING EDIE @ 12:30 p.m. - 1:15 p.m.	 ABC, ARMS BALANCE, CORE BRETT @ 12:30 p.m. - 1:15 p.m.
	 PIYO EDIE @ 5:30 p.m. - 6:15 p.m.			

Please See Pages 8 - 14 For Event Details

FITNESS CLASSES MONDAYS



HATHA YOGA

A straightforward style of Yoga with postures that focus on technique, flexibility, breathing, and relaxation.

Note: No classes on Monday May 31st.



Mondays



11:30 a.m. - 12:15 p.m.



Live Virtual Fitness Classes



If you have any questions,
please email Brett Edleman at
Citywestfitness@plusone.com

[Click to Register](#)

Meeting ID: 985 4549 7973

POWER CIRCUIT

A high-energy rotation of strength training and cardio designed to strengthen and define your muscles and keep your heart rate elevated for max calorie burn.

Note: No classes on Monday May 31st.



Mondays



12:30 p.m. - 1:15 p.m.



Live Virtual Fitness Classes



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[Click to Register](#)

Meeting ID: 940 0332 3104



FITNESS CLASSES TUESDAYS



HIIT

Short, high-intensity intervals combined with active recovery designed to train the body for improved performance and calorie burning.



Tuesdays



11:30 a.m. - 12:15 p.m.



Live Virtual Fitness Classes



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Citywestfitness@plusone.com

[Click to Register](#)

Meeting ID: 950 2119 6938

MUSCLE SCULPT

The ultimate total-body strength routine utilizing dumbbells to sculpt and strengthen your muscles.



Tuesdays



12:30 p.m. - 1:15 p.m.



Live Virtual Fitness Classes



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Meeting ID: 919 0218 3785





PIYO

This class combines the muscle-sculpting, core-firming benefits of Pilates with the strength and flexibility of flowing Yoga movements. You'll even improve your balance and core power.



Tuesdays



5:30 p.m. - 6:15 p.m.



Live Virtual Fitness Classes



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Meeting ID: 990 9595 5193

TABATA INTERVALS

Take your training to the next level with this dynamic conditioning experience! Expect 20 second bouts of high intensity exercise followed by 10 seconds of rest.



Wednesdays



11:30 a.m. - 12:15 p.m.



Live Virtual Fitness Classes



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Meeting ID: 959 4393 0149



FITNESS CLASSES WEDNESDAYS

TOTAL BODY CONDITIONING

A head to toe strength routine that works every muscle in your body and teaches you weight training basics with short bursts of cardio in between.



Wednesdays



12:30 p.m. - 1:15 p.m.



Live Virtual Fitness Classes



If you have any questions,
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Citywestfitness@plusone.com

[Click to Register](#)

Meeting ID: 983 0632 7069

MUSCLE SCULPT

The ultimate total-body strength routine utilizing dumbbells to sculpt and strengthen your muscles.



Thursdays



11:30 a.m. - 12:15 p.m.



Live Virtual Fitness Classes



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[Click to Register](#)

Meeting ID: 986 9661 7964

FITNESS CLASSES THURSDAYS





CARDIO KICKBOXING

A high-intensity mix of cardio and kickboxing movements.



Thursdays



12:30 p.m. - 1:15 p.m.



Live Virtual Fitness Classes



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Meeting ID: 978 8155 1852

BARRE FIT

Dumbbells, bands and body weight moves with a focus on small isometric exercises to target your arms, abdominals, and legs.



Fridays



11:30 a.m. - 12:15 p.m.



Live Virtual Fitness Classes



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[Click to Register](#)

Meeting ID: 940 2361 8610



FITNESS CLASSES FRIDAYS



ABC ARMS, BALANCE & CORE

Enjoy a workout that focuses on your upper body, core, balance, coordination, and flexibility.



Fridays



12:30 p.m. - 1:15 p.m.



Live Virtual Fitness Classes



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Meeting ID: 952 8015 1754

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