

# PARKWAY'S REOCCURRING VIRTUAL FITNESS CLASSES

## NOVEMBER 2020

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
 <b>METABOLIC BURN</b> NATALIA @ 11:00 a.m. - 11:45 a.m.	 <b>3-2-1 SCULPT!</b> EDIE @ 11:00 a.m. - 11:45 a.m.	 <b>CARDIO KICKBOXING</b> NATALIA @ 11:00 a.m. - 11:45 a.m.	 <b>ARMS AND ABS</b> ASHLEY @ 11:00 a.m. - 11:30 a.m.	
 <b>LOWER BODY BLAST</b> ASHLEY @ 12:15 p.m. - 1:00 p.m.	 <b>CORE &amp; MORE</b> NATALIA D @ 12:15 p.m. - 1:00 p.m.	 <b>HATHA YOGA</b> SIEW-BEE @ 12:15 p.m. - 1:00 p.m.	 <b>STRETCH &amp; RELEASE</b> BRETT @ 12:15 p.m. - 12:45 p.m.	 <b>FRIDAY CHALLENGE</b> EDIE @ 12:15 p.m. - 1:00 p.m.
 <b>EVERYTHING WORKOUT</b> EDIE @ 5:30 p.m. - 6:15 p.m.		 <b>EVERYTHING WORKOUT</b> NATALIA @ 5:30 p.m. - 6:15 p.m.		

# MONDAYS:



## METABOLIC BURN

Class includes short, high-intensity intervals combined with active recovery designed to train the body for improved performance and calorie burning. This format offers the perfect blend of speed, quickness and agility drills.



Mondays



11:00 a.m. - 11:45 a.m.



Live Virtual Fitness Classes



If you have any questions, please email Brett Edleman at [Citywestfitness@plusone.com](mailto:Citywestfitness@plusone.com)



## LOWER BODY BLAST

This strength workout places an emphasis on lower body toning. Squat, lunge and lift your way to strong, defined legs and glutes using dumbbell and /or resistance tubing.



Mondays



12:15 p.m. - 1:00 p.m.



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## EVERYTHING WORKOUT

This conditioning class will effectively target the whole body in 45 minutes using dumbbells, resistance tubing and/or mini bands and gliders.



Mondays



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



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## TUESDAYS:



## 3-2-1 SCULPT!

An interval training system including three minutes of strength, two minutes of cardio and one minute of core training using dumbbells and/or resistance tubing.



Tuesdays



11:00 a.m. - 11:45 a.m.



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## CORE & MORE

Come prepared to sculpt and shape your torso with everything from abdominal, lower back and full body exercises using a variety of equipment.



Tuesdays



12:15 p.m. - 1:00 p.m.



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## WEDNESDAYS:



## CARDIO KICKBOXING

A high-intensity mix of cardio and kickboxing movements.



Wednesdays



11:00 a.m. - 11:45 a.m.



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## HATHA YOGA

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



Wednesdays



12:15 p.m. - 1:00 p.m.



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## EVERYTHING WORKOUT

This conditioning class will effectively target the whole body in 45 minutes using dumbbells, resistance tubing and/or mini bands and gliders.



Wednesdays



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



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# THURSDAYS:



## ARMS AND ABS

An intense focus on the upper body using dumbbells or resistance tubing targeting the chest, back, arms, and abs.



Thursdays



11:00 a.m. - 11:30 a.m.



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## STRETCH AND RELEASE

This relaxing class integrates dynamic & static stretching techniques to increase flexibility.



Thursdays



12:15 p.m. - 12:45 p.m.



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## FRIDAY CHALLENGE

Put your fitness level to the test by participating in this challenging workout.



Fridays



12:15 p.m. - 1:00 p.m.



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