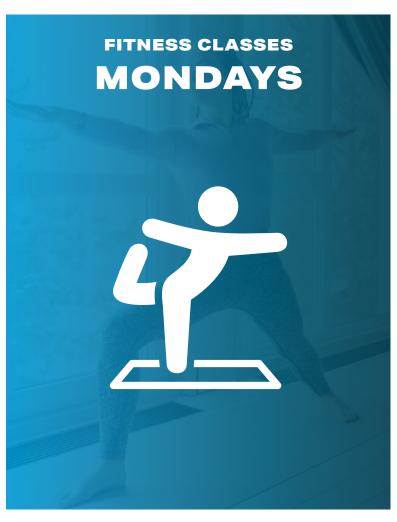
PARKWAY'S REOCCURRING VIRTUAL FITNESS CLASSES

OCTOBER 2021

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
HATHA YOGA LIVE STREAM SIEW-BEE @ 11:30 a.m 12:15 p.m.	STRETCH & RELEASE LIVE STREAM ASHLEY @ 11:30 a.m 12:15 p.m.	HATHA YOGA LIVE STREAM NANCY @ 11:30 a.m 12:15 p.m.	CORE & MORE LIVE STREAM NATALIA @ 11:30 a.m 12:15 p.m.	ABC, ARMS BALANCE, CORE LIVE STREAM BRETT @ 11:30 a.m 12:15 p.m.
EVERYTHING WORKOUT LIVE STREAM EDIE @ 12:30 p.m 1:15 p.m.	HIIT LIVE STREAM NATALIA @ 12:30 p.m 1:15 p.m.	THE WORKS LIVE STREAM EDIE @ 12:30 p.m 1:15 p.m.	BALLETONE LIVE STREAM EDIE @ 12:30 p.m 1:15 p.m.	CARDIO KICKBOXING LIVE STREAM NATALIA @ 12:30 p.m 1:15 p.m.



HATHA YOGA

LIVE STREAM

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



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

EVERYTHING WORKOUT

LIVE STREAM

This conditioning class will effectively target the whole body in 45 minutes.



Mondays



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



Live Virtual Fitness Classes

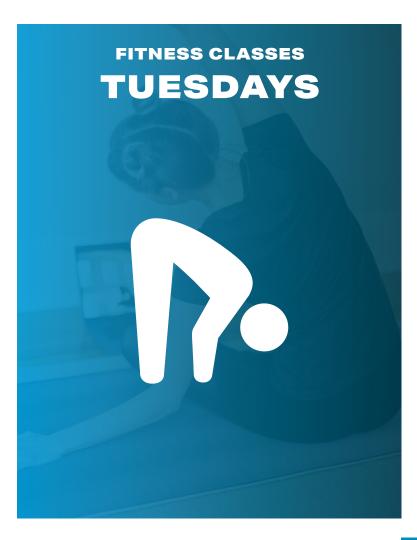


If you have any questions, please email Brett Edleman at Citywestfitness@plusone.com

Click to Register

Meeting ID: 978 6356 2560

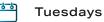




STRETCH & RELEASE

LIVE STREAM

This relaxing class integrates dynamic stretching techniques to increase flexibility.



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



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

Click to Register

Meeting ID: 958 2782 8758

HIIT **LIVE STREAM**

High Intensity Interval Training (HIIT). 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.



Tuesdays



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



Live Virtual Fitness Classes



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

Click to Register

Meeting ID: 930 2250 3468





HATHA YOGA

LIVE STREAM

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



(\) 11:30 a.m. - 12:15 p.m.

O Live Virtual Fitness Classes

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Click to Register

Meeting ID: 985 4549 7973

THE WORKS

LIVE STREAM

Looking for a fun way to exercise? This class includes everything: cardio, weights, core training and a relaxing stretch.

Come join the fun!

Wednesdays

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

O Live Virtual Fitness Classes

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

Click to Register

Meeting ID: 997 5418 3002





CORE & MORE

LIVE STREAM

A total-body workout with a heavy core training component. Come prepared to sculpt and shape your torso with abdominal, lower-back and full-body exercises.



Thursdays



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: 938 5434 8308

BALLETONE

LIVE STREAM

This cardio ballet class will challenge your muscular endurance, core conditioning and flexibility in 45 minutes with low impact moves that will challenge you head to toe.



Thursdays



(\) 12:30 p.m. - 1:15 p.m.



Live Virtual Fitness Classes



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

Click to Register

Meeting ID: 921 9568 9420





ABC, ARMS, BALANCE, CORE

LIVE STREAM

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

Fridays

(l) 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: 952 8015 1754

CARDIO KICKBOXING

LIVE STREAM

A high-intensity mix of cardio and kickboxing movements.

Fridays

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

O Live Virtual Fitness Classes

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

Click to Register

Meeting ID: 986 6938 2697



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