

| TIME | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|-----------------|--|--|--|--|--|
| 8:00 – 8:30am | | TABATA Instagram Live | | Long & Lean Instagram Live | Restore (15 mins) Instagram Live |
| 9:30am | Workout Challenge Post on Instagram | Workout Challenge Post on Instagram | Workout Challenge Post on Instagram | Workout Challenge Post on Instagram | Workout Challenge Post on Instagram |
| 11:30 - 11:45am | STRETCH BREAK Zoom | STRETCH BREAK Zoom | STRETCH BREAK Zoom | STRETCH BREAK Zoom | STRETCH BREAK Zoom |
| 12:00—12:30pm | HIIT Facebook Live | HARD CORE ** STARTS AT 12:15PM Facebook Live | CARDIO BOXING Facebook Live | HARD CORE ** STARTS AT 12:15PM Facebook Live | TABATA Facebook Live |
| 5:00—5:30pm | | Restore (15 mins) Facebook Live | | Zumba Zoom** | |

DESCRIPTIONS:

TABATA - 20 sec work/ 10 sec rest for 8 rounds - Fast & Effective!

HIIT - High Intensity Interval Training - boost your heart rate and feel the burn

Hard Core - work your core front to back - abs, obliques, chest back and more

Long & Lean - high reps, low impact, isolating small and large muscles

Stretch Breaks - free daily 15 minute breaks

Instagram Challenge - Daily Fitness Challenge

Restore - A deep guided yoga-inspired stretch to restore the body—15 minutes

Zumba - **REGISTRATION REQUIRED** - Latin inspired Dance Fitness!

FACEBOOK:

www.facebook.com/myFitnessWaterloo

INSTAGRAM:

www.instagram.com/myfitness_waterloo

Zoom:

<https://zoom.us/j/4439733096>

Meeting ID: 443 973 3096

