

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
8:00 – 8:30am		<b>TABATA</b> Instagram Live		<b>Long &amp; Lean</b> Instagram Live	<b>ABS EXPRESS</b> Facebook Live
9:30am	<b>Workout Challenge</b> Post on Instagram	<b>Workout Challenge</b> Post on Instagram	<b>Workout Challenge</b> Post on Instagram	<b>Workout Challenge</b> Post on Instagram	<b>Workout Challenge</b> Post on Instagram
11:30 - 11:45am	<b>STRETCH BREAK</b> Zoom	<b>STRETCH BREAK</b> Zoom	<b>STRETCH BREAK</b> Zoom	<b>STRETCH BREAK</b> Zoom	<b>STRETCH BREAK</b> Zoom
12:15—12:45pm	<b>HIIT</b> Facebook Live	<b>HARD CORE</b> Facebook Live	<b>CARDIO BOXING</b> Facebook Live	<b>HARD CORE</b> Facebook Live	<b>TABATA</b> Facebook Live
5:00—5:30pm		<b>ABS EXPRESS</b> Facebook Live		<b>Zumba</b> 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

**Abs Express** - All ab work - nothing more & nothing less!

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

**FACEBOOK:**

[www.facebook.com/myFitnessWaterloo](http://www.facebook.com/myFitnessWaterloo)

**INSTAGRAM:**

[www.instagram.com/myfitness\\_waterloo](http://www.instagram.com/myfitness_waterloo)

**Zoom:**

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

Meeting ID: 443 973 3096

