

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
12:15—12:45pm	HIIT Facebook Live	HARD CORE Facebook Live	CARDIO BOXING Facebook Live	HARD CORE 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

