

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
7:15—8:00sm					BEGINNER YOGA Zoom Access HERE for Zoom
8:00 – 8:30am		TABATA Instagram Live		Rock Bottom Instagram Live	ABS EXPRESS Facebook Live or Zoom Access HERE for Zoom
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 Access HERE	STRETCH BREAK Zoom Access HERE	STRETCH BREAK Zoom Access HERE	STRETCH BREAK Zoom Access HERE	STRETCH BREAK Zoom Access HERE
12:15—12:45pm	HIIT Facebook Live OR Zoom Access HERE for Zoom	BOOTCAMP Facebook Live Access HERE	CARDIO BOXING Facebook Live OR Zoom Access HERE for Zoom	HARD CORE Facebook Live Access Here	FULL BODY 45 (45 mins) Facebook Live or Zoom Access HERE for Zoom
430—5:15pm	BEGINNER YOGA (4:45—5:30pm) Zoom Access HERE for Zoom		YOGA FLOW Zoom Access HERE		
5:00—5:30pm		ABS EXPRESS Facebook Live or Zoom Access HERE for Zoom		Zumba Zoom Access HERE	

FACEBOOK: www.facebook.com/myFitnessWaterloo **INSTAGRAM:** www.instagram.com/myfitness_waterloo

EMAIL: abrowning@myfitnesswaterloo.ca

All Classes are Currently *FREE* to All Sun Life Employees & myFitness Waterloo Members. Live Classes are recorded and available after on Facebook and Instagram for employees. Email [General Manager, Amanda Browning](mailto:abrowning@myfitnesswaterloo.ca) with questions abrowning@myfitnesswaterloo.ca.

VISIT: www.myFitnessWaterloo.ca/remote-programs for all programs , classes, challenges and MORE from myFitness Waterloo