

myFitness

January 10—March 4

Professionally Managed By:


TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
7:15 – 8:00am EST	LOWER BODY BURN (with dumbbells) Zoom Access HERE	TABATA (30 minutes) Zoom Access HERE	UPPER BODY BURN (with dumbbells) Zoom Access HERE	HIIT the WEIGHTS (30 minutes with Dumbbells) Zoom Access HERE	RESTORE (20 minutes) Zoom Access HERE
11:30 - 11:45am EST	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 EST	HIIT Zoom Access HERE	BODY SCULPT Zoom Access HERE	CARDIO BOXING Zoom Access HERE	YIN YOGA Zoom Access HERE	FULL BODY 45 (45 minutes) Zoom Access HERE
4:30—5:15pm EST			YOGA FUSION Zoom Access HERE		
4:45—5:30pm EST	PEACEFUL YOGA Zoom Access HERE				
5:00—5:30pm EST		ABS EXPRESS Zoom Access HERE		ZUMBA Zoom Access HERE	

Register as a FREE myFitness Virtual Member by visiting www.myFitnessWaterloo.ca
 Registration Link on our Main Page