

# myFitness

May 2—June 30

Professionally Managed By:  


TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
7:15 – 8:00am EST	<b>LOWER BODY BURN</b> (with dumbbells) <a href="#">Zoom Access HERE</a>	<b>TABATA</b> (30 minutes) <a href="#">Zoom Access HERE</a>	<b>UPPER BODY BURN</b> (with dumbbells) <a href="#">Zoom Access HERE</a>	<b>HIIT the WEIGHTS</b> (30 minutes with Dumbbells) <a href="#">Zoom Access HERE</a>	<b>RESTORE</b> (20 minutes) <a href="#">Zoom Access HERE</a>
11:30 - 11:45am EST	<b>STRETCH BREAK</b> <a href="#">Zoom Access HERE</a>	<b>STRETCH BREAK</b> <a href="#">Zoom Access HERE</a>	<b>STRETCH BREAK</b> <a href="#">Zoom Access HERE</a>	<b>STRETCH BREAK</b> <a href="#">Zoom Access HERE</a>	<b>STRETCH BREAK</b> <a href="#">Zoom Access HERE</a>
12:15—12:45pm EST	<b>HIIT</b> <a href="#">Zoom Access HERE</a>	<b>BODY SCULPT</b> <a href="#">Zoom Access HERE</a>	<b>CARDIO BOXING</b> <a href="#">Zoom Access HERE</a>	<b>BUTT &amp; BELLY BURN</b> <a href="#">Zoom Access HERE</a>	<b>FULL BODY 45</b> (45 minutes) <a href="#">Zoom Access HERE</a>
4:30—5:15pm EST			<b>YOGA FUSION</b> <a href="#">Zoom Access HERE</a>		

Register as a FREE myFitness Virtual Member by visiting [www.myFitnessWaterloo.ca](http://www.myFitnessWaterloo.ca)  
 Registration Link on our Main Page