

myFitness

July 1—July 31 2022

Professionally Managed By:


TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
7:15 – 8:00am ET	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	
11:30 - 11:45am ET	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 ET	TAI CHI for Beginners* Zoom Access HERE	BODY SCULPT Zoom Access HERE	CARDIO BOXING Zoom Access HERE	POP UP CLASS** Zoom Access HERE	FULL BODY 45 (45 minutes) Zoom Access HERE
4:30—5:15pm ET			YOGA FUSION⁺ Zoom Access HERE		

*Tai Chi for Beginners will run Monday July 4, 11, 18 & 25 (HIIT will return in August)

**Butt & Belly Burn on July 7th with Marni. July 14, 21, 28 and August 4th will be a POP—UP Mystery Class with Kim!

⁺Yoga Fusion July 27th will be a recording in the myFitness Zoom Room.

Register as a FREE myFitness Virtual Member by visiting www.myFitnessWaterloo.ca