

myFitness

May 2—June 30

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	RESTORE (20 minutes) 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	HIIT Zoom Access HERE	BODY SCULPT Zoom Access HERE	CARDIO BOXING Zoom Access HERE	BUTT & BELLY BURN Zoom Access HERE	FULL BODY 45 (45 minutes) Zoom Access HERE
4:30—5:15pm ET			YOGA FUSION Zoom Access HERE		

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