



## Group Exercise Class Online ZOOM Schedule

**\*Must Register in Advance for Classes Using the Link Below the Class\***

### **BARRE SCULPT**

**8:30 AM - 9:30 AM**

**Wednesday & Friday with Patty McNulty**

Barre Sculpt class is a workout technique inspired by elements of ballet, yoga, and Pilates, that focuses on low-impact, high intensity movements designed to strengthen and tone your body, improve muscle endurance and balance using light weights, loop bands, or household items.

<https://us02web.zoom.us/meeting/register/tZ0kd-GqpiIpG9ec-7IGR6DG6sROogNBBHow>

### **STRENGTH & STRETCH**

**9:45 AM – 11:00 AM**

**Tuesday/Thursday with Patty McNulty**

Strength & Stretch is a fun fitness class designed for all fitness levels and ages. A combination of low impact cardio exercises with muscle sculpting and core balancing exercises. Followed by a 15-minute stretch. Use of weights and resistance bands.

<https://us02web.zoom.us/meeting/register/tZMsceytqTgvHt32hBOxpEcsc3nf5J4wor4z>