



## 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**

**Monday & Wednesday 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/tZIqfuqqrT8iGdJscv2pt3KCVd\\_dwHLd8Vg9](https://us02web.zoom.us/meeting/register/tZIqfuqqrT8iGdJscv2pt3KCVd_dwHLd8Vg9)

### **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/tZUof-CorjMoGNc88q9xtgsFmzBsObyF2yXV>

### **ZUMBA & Hip Hop**

**9:30 – 10:30 AM**

**Wednesday & Friday with Stacy Dunnett**

Combines Latin rhythms with cardio exercise to create an aerobic routine that is fun & easy to follow.

<https://us02web.zoom.us/meeting/register/tZIkceuhpzwpHNzxiF3p3vkh1vjbqIgFoVV7>

### **ZUMBA & Beats n Feet's**

**5:30 – 6:30 PM**

**Tuesday & Thursday with Stacy Dunnett**

Combines Latin rhythms with cardio exercise to create an aerobic routine that is fun & easy to follow. Thursday Beats n feet's at 6:30 PM

<https://us02web.zoom.us/meeting/register/tZArde2rqTgpGdytizhwhM171ryfu0MDrjsX>