



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/tZwrf-yupzkpHdRhOD3E7UVGhF_djYTuJXc

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/tZ0rcuupqTtwHdcOJgHEqjEOR9W3sG_zqZFv

Wednesday ZUMBA & Friday Step & Hip Hop

Wed. 9:30 – 10:30AM & Fri. 8:15 – 10:00AM

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/tZ0qd-2orj0oHdwBRE4mOLIUvCRJJJW2PAn>

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/tZApd-GrpjMoE9dHtIsEPt0lyihzK5AEggsA>