



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/yodieORSTG2o2kuzI5C71A>

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/qnDec65LTYamwEheEUYDoO>

Wednesday ZUMBA & Abs

9:30 – 10:45AM

with Stacy Dunnett

<https://us02web.zoom.us/meeting/register/rbAF8wewRAu8Dv0tB5UA2g>

ZUMBA & Beats n Feet's

Tuesday 5:30 – 6:30 PM Thursday 5:30-7:30 PM

with Stacy Dunnett

<https://us02web.zoom.us/meeting/register/uiZYZM5UQJmy8uUhNKM2kA>

Friday 8:30 AM Step & 9:15 AM Hip Hop

with Stacy Dunnett

<https://us02web.zoom.us/meeting/register/71GqfbcoQZepx8A9caDw5O>