



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/joining/register/cO33keiDO5-so7m3ai1_nw

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/joining/register/U0_qF36jTyqphUi8yZnRvA

Wednesday ZUMBA & Abs

9:30 – 10:45AM

with Stacy Dunnett

<https://us02web.zoom.us/j/88986869578?pwd=i6ACNgakP0sdBvp8jxoDy6sykDbz4m.1>

ZUMBA & Beats n Feet's

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

with Stacy Dunnett

<https://us02web.zoom.us/joining/register/7wRwptKGQC6XluJVnkC35Q>

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

with Stacy Dunnett

<https://us02web.zoom.us/joining/register/KliAycXWOTiLQns9IFrwew>