

ONLINE EXERCISE CLASS SCHEDULE

TIME	MON	TUE	WED	THU	FRI	SAT
10:00 am			Functional Fitness 2 w/ Michael	Boxing 2 w/ Lian		
11:00 am	Functional Fitness 3 w/ Jasmine	Functional Fitness 3 w/ Jasmine	Boxing 3 w/ Emily	Functional Fitness 3 w/ Joanna	Functional Fitness 3 w/ Joanna	Functional Fitness 3 w/ Joanna or Key
2:00 pm	re+connect Parkinson's Disease support group				Balance w/ Lincoln	
5 pm	re+center: FND Mind-Body Group	NEW!			There is a new theme every month!	
6:10 pm			Yoga w/ Lian at 6:10pm			
6:30 pm				Interval Training w/ Barbara		

CLASS

DESCRIPTIONS:

(ALL CLASSES 50 MINUTES)

Functional Fitness: functional movement & strengthening class. Level 2 moderate, level 3 high intensity

re+connect: support and connection group led by our psychology team for those diagnosed with PD

Yoga: all levels restorative yoga class

Boxing: level 2 moderate, level 3 high intensity

Interval Training: cardio focused interval class

Balance: all-level class focusing on balance and control