



# February Virtual Well-Being Events



Date:	Time:	Event and Link:
Thursday, February 1, 2024	12:00 pm—12:45 pm	Cycling (In-Person)
	5:30 pm—6:00 pm	Cardio Kickboxing (In-Person)
Friday, February 2, 2024	11:30 am-12:15pm	<a href="#">Chair Yoga</a> (Virtual)
Monday, February 5, 2024	11:30 am-12:15pm	<a href="#">All Levels Yoga</a> (Hybrid)
	5:30 pm-6:15 pm	Strength and Stamina (In-Person)
Tuesday, February 6, 2024	4:00 pm-4:45 pm	Cycling (In-Person)
	5:30 pm-6:15 pm	Boot Camp (In-Person)
Wednesday, February 7, 2024	12:00 pm-12:45 pm	Lunch Time Yoga (In-Person)
Thursday, February 8, 2024	12:00 pm—12:45 pm	Cycling (In-Person)
	5:30 pm—6:00 pm	Cardio Kickboxing (In-Person)
Friday, February 9, 2024	11:30 am-12:15pm	<a href="#">Chair Yoga</a> (Virtual)
Monday, February 12, 2024	11:30 am-12:15pm	<a href="#">All Levels Yoga</a> (Hybrid)
	5:30 pm-6:15 pm	Strength and Stamina (In-Person)
Tuesday, February 13, 2024	4:00 pm-4:45 pm	Cycling (In-Person)
	5:30 pm-6:15 pm	Boot Camp (In-Person)
Wednesday, February 14, 2024	5:30 pm-6:00 pm	Zumba (In-Person)
Thursday, February 15, 2024	12:00 pm—12:45 pm	Cycling (In-Person)
	5:30 pm—6:00 pm	Cardio Kickboxing (In-Person)
Friday, February 16, 2024	11:30 am-12:15pm	<a href="#">Chair Yoga</a> (Virtual)
Monday, February 19, 2024	11:30 am-12:15pm	<a href="#">All Levels Yoga</a> (Hybrid)
	5:30 pm-6:15 pm	Strength and Stamina (In-Person)
Tuesday, February 20, 2024	5:30 pm-6:15 pm	Boot Camp (In-Person)
Wednesday, February 21, 2024	12:15 pm-1:00 pm	Lunch Time Yoga (In-Person)
	5:30 pm-6:00 pm	Zumba (In-Person)
Thursday, February 22, 2024	5:30 pm—6:00 pm	Cardio Kickboxing (In-Person)
Friday, February 23, 2024	11:30 am-12:15pm	<a href="#">Chair Yoga</a> (Virtual)
Monday, February 26, 2024	11:30 am-12:15pm	<a href="#">All Levels Yoga</a> (Hybrid)
	5:30 pm-6:15 pm	Strength and Stamina (In-Person)
Tuesday, February 27, 2024	4:00 pm-4:45 pm	Cycling (In-Person)
	5:30 pm-6:15 pm	Boot Camp (In-Person)
Wednesday, February 28, 2024	12:15 pm-1:00 pm	Lunch Time Yoga (In-Person)
	5:30 pm-6:00 pm	Zumba (In-Person)
Thursday, February 29, 2024	12:00 pm—12:45 pm	Cycling (In-Person)
	5:30 pm—6:00 pm	Cardio Kickboxing (In-Person)

## **Virtual Event Descriptions:**

### **Yoga (all levels):**

Join us for simple flowing sequences to warm up the body, where postures are taught in a safe and supportive manner, incorporating the basic principles of alignment and breathing. Through the practice of yoga, flexibility, strength, balance and focus are developed. From this body and mental awareness, a healthy new lifestyle can be achieved. Each class will include a period of relaxation. No experience or flexibility required.

### **Strength and Stamina:**

No equipment? No problem. This total body strength circuit includes a variety of classic body-weight exercises to work your body from head to toes. Did we mention balance and core work is included? All fitness levels welcome with options to progress. Work up a sweat with us when you perform these strength bodyweight moves in a circuit.

### **Boot Camp:**

Boot Camp is a total body, heart pumping, aerobic & strength conditioning workout. This class integrates a dynamic warm-up, full-body movements, and high intensity interval training in order to achieve a physiological effect called excess post-exercise oxygen consumption (EPOC). EPOC has been shown to burn calories long after workout is complete (up to 48 hours).

### **Zumba:**

Build cardiovascular health, coordination, and balance by challenging the heart and working the muscles of the hips, legs, and arms with dance moves.

### **Kickboxing:**

Get a kick out of fitness! Aerobic exercise with boxing & traditional martial arts patterns provides constant low-centered movements to strengthen your muscles & give your heart a workout!

### **Cycling (NEW!!!):**

Cycling combines a foundation of basic cycling movements, motivational coaching techniques and breathing awareness. Great cardiovascular training on indoor bikes with great music, lots of energy to help you make the most out of your workout

### **Chair Yoga:**

This gentle form of yoga is practiced sitting on a chair or using a chair for support during standing poses. This class helps increase flexibility, lung capacity, circulation, and strength, improves balance, and relieves stress. The class incorporates breathing exercises, stretching, yoga postures, and final relaxation.

Thank you for joining us for our virtual events! Please be sure to review and acknowledge this [waiver](#) if this is your first time joining us. Most of the events are recorded and can be accessed by clicking on the attendee link

