

VIRTUAL CLASS SCHEDULE

MARCH 2021

Monday	Tuesday	Wednesday	Thursday	Friday
1 5:00pm Express Strength Strong Arms	2 5:00pm Mat Pilates	3 5:00pm Bootcamp	4 5:00pm Express Strength Lean Legs	5
8 5:00pm Express Strength Core & Balance	9 5:00pm Mat Pilates	10 5:00pm Bootcamp	11 6:50am Guided Morning Meditation 5:00pm Express Strength Hamstring & Glutes	12
15 5:00pm Express Strength Total Body	16 5:00pm Mat Pilates	17 5:00pm Bootcamp	18 5:00pm Express Strength Strong Arms	19
22 5:00pm Express Strength Lean Legs	23 5:00pm Mat Pilates	24 5:00pm Bootcamp	25 5:00pm Express Strength Core & Balance 5:30pm Guided Meditation	26
29 5:00pm Express Strength Hamstring & Glutes	30 5:00pm Mat Pilates	31 5:00pm Bootcamp		29

Space is limited and you must register in advance to reserve your spot on the Health Matters Portal (www.ritrust.com) by 4pm the day before each class. The zoom link will be emailed to those registered on the day of class. If class is full, you do have the option to join a waiting list and will receive notification if a spot becomes available.

CLASS DESCRIPTIONS

Bootcamp

Instructor: Samantha Tobin

This 45 minute class is designed to build strength and get your heart pumping through a variety of HIIT intervals. You do what you can throughout the timed interval, at the speed you're capable. All fitness levels are welcome, as modifications are always given.

Express Strength

Instructor: Val Trainor

Get in, get out and get strong in these quick 30 minute express classes. Using your own body weight as resistance, you will build strength and stamina with different areas of focus for each class. This is a great all levels class for those of you who may not have a lot of time to work out.

Guided Meditation

Instructor: Kim Fuller

Join us for a relaxing 30 minute guided meditation. It's a great way to start or end your day and reduce stress as you tune into your body, breath and awareness in the present moment.

Mat Pilates

Instructor: Holly Gish

Build a strong core in this fun and invigorating 60 minute workout that emphasizes posture and breath. Experience improved body awareness, overall strength, flexibility, and balance. A yoga or pilates mat is recommended. Other aides such as a yoga block, stretching strap, pad or towel may be used as well, but are not required.

All classes available free of charge to Health Matters Member employees