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<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
<th>FRIDAY</th>
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<tr>
<td>WARM UP TO WORK&lt;br&gt;L1, 7:00-7:15 AM FB LIVE (CINDY)</td>
<td>WARM UP TO WORK&lt;br&gt;L1, 7:00-7:15 AM FB LIVE (DANNY)</td>
<td>WARM UP TO WORK&lt;br&gt;L1, 7:00-7:15 AM FB LIVE (ROB)</td>
<td>WARM UP TO WORK&lt;br&gt;L1, 7:00-7:15 AM FB LIVE (ELIZABETH)</td>
<td>WARM UP TO WORK&lt;br&gt;L1, 7:00-7:15 AM FB LIVE (KC)</td>
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<tr>
<td>CORE YOGA FLOW&lt;br&gt;L1/2, 9:00-9:15 AM ZOOM (TAYLOR)</td>
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<td>CORE YOGA FLOW&lt;br&gt;L1/2, 9:00-9:15 AM ZOOM (MONA)</td>
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<td>DANCE CARDO &amp; CONDITIONING&lt;br&gt;M2, 7:00-7:55 AM FB LIVE (CINDY)</td>
<td>MORNING STRETCH &amp; MAT PILATES&lt;br&gt;M1/2, 11:10-11:50 AM ZOOM (ROB)</td>
<td>DANCE &amp; CARDIO&lt;br&gt;M1, 7:00-7:55 AM FB LIVE (ROB)</td>
<td>DANCE CARDIO&lt;br&gt;M1, 7:00-7:55 AM FB LIVE (MAYA)</td>
<td>DANCE CARDIO&lt;br&gt;M1, 7:00-7:55 AM FB LIVE (CHIDMA)</td>
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<td>CORE YOGA FLOW&lt;br&gt;L1/2, 12:05-1:00 PM ZOOM (ISABELLE)</td>
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<td>Functional Yoga&lt;br&gt;L1/2, 12:00-12:15 PM ZOOM (TAYLOR)</td>
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<td>Cindy Pilates&lt;br&gt;M2, 12:00-12:15 PM ZOOM (CINDY)</td>
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<td>Cindy Pilates&lt;br&gt;M2, 12:00-12:15 PM ZOOM (CINDY)</td>
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<td>MOJO&lt;br&gt;M2, 1:15-1:30 PM ZOOM (ISABELLE)</td>
<td>MOJO&lt;br&gt;M2, 1:15-1:30 PM ZOOM (ISABELLE)</td>
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<td>Bootcamp Workout&lt;br&gt;(BODYWEIGHT)&lt;br&gt;M1/2, 1:15-1:30 PM ZOOM (ISABELLE)</td>
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**Choose Your Workout**

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<th>Complexity of Choreography</th>
<th>L Low</th>
<th>M Medium</th>
<th>H High</th>
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<tr>
<td>Exercise Intensity</td>
<td>T Low</td>
<td>M Medium</td>
<td>H High</td>
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ALL CORE
A quick but challenging workout entirely for the core (midline/torso/abs).

ARM BALANCES & INVERSIONS
A workshop format class structured to focus on building arm balances + inversions utilizing a variety of movement modalities from yoga and calisthenics.

BEGINNING ALEXANDER TECHNIQUE
Learn optimal posture and movement mechanics to help decrease back and neck pain. Un-learn bad habits you’ve formed over time and be empowered with tools and techniques to help you re-establish good habits and restore your body’s optimal alignment and movement patterns. This class will focus on beginner fundamentals of Alexander Technique.

BEGINNING BALLET
This class will focus on beginning level ballet technique, but also incorporate some intermediate level technique options. The class will include barre exercises, center work as well as some floor combinations.

BEGINNING JAZZ
This class will focus on beginning level jazz technique, but also incorporate some intermediate level technique options. The class will include center work, body isolations, developing rhythm patterns and floor combinations.

BODYWEIGHT BOOTCAMP
This class uses your bodyweight and optional weights or common household objects to achieve a challenging full body workout. With long intervals and short breaks, this class will truly test your muscular endurance and cardiovascular stamina.

BOLLYPOP
BollyPop is a high energy cardio workout with easy to follow choreography. The class enables one to build overall strength and extends one’s dancing style and skills. BollyPop features Bollywood style but also includes Indian folk, Indian classical, Latin, Hip Hop and Egyptian classical movements along with yoga. Get ready to shake, swerve, move and groove across various continents in this multicultural, adventurous wonderland of dance fitness fun!

BOOM! BOXING
Fun and effective cardio and challenging conditioning exercises for the knock out! Set to a booming soundtrack, we’ll mix segments of shadow boxing with segments of conditioning for a total body workout.

BOOTY KICKIN BARRE
This workout uses your own body weight and a chair, counter, or wall mounted ballet barre to develop long dancer-like muscles. “It’s a kick” for the midline glutes and legs.

CARDIOSPORT
This class is the most fun you’ll ever have doing cardio! Utilizing athletic based bodyweight movements, running in place, and agility in a 8’ x 8’ clear area in a continuous, non-stop format, cardiosport is intense but FUN! This unique class provides the feel of a team and simulates an “in the game like” environment where decision based movements are being made constantly. Excellent for cardio and bodyweight conditioning!

CHAIR YOGA
A gentle yoga flow all done while sitting.

CHAKRA YOGA FLOW & MEDITATION
Involves Hatha yoga journeying through the seven major energy centers as a map to facilitate balance, groundedness, and inspiration along with a deeper sense of wholeness.

CORE YOGA FLOW
A challenging yoga flow similar to power yoga that includes a segment dedicated to the core.

DANCE CARDIO & CONDITIONING
Alternate between fun dance cardio choreography and total body conditioning with optional weights or common household objects.

DEEP STRETCHING & RELAXATION
Unwind, stretch, breathe, and center yourself in this stress relieving class and learn a variety of mindful meditations (yoga, breathing, body scans, walking in place).

FUNCTIONAL YOGA
This class integrates yoga postures, mobility movements and corrective exercises targeting specific regions of the body to increase mobility and strength while support functional movement patterns in the body. Recommended props - blocks, strap or bath towel and blanket.

GENTLE YOGA FLOW & CREATIVE EXPRESSION
Gentle Yoga & Creative Expression has a foundation in meditative Hatha yoga. Expressive drawing, creative movement, and writing facilitate exploration, discovery, healing, and celebration in the sacred space we create together.

GUTS, BUTTS & THIGHS
This class focuses on the midline, legs and glutes for an amazing workout utilizing your bodyweight and optional weights and resistance loops.

GYROKINESIS
Gyrokinesis is a movement method that addresses the entire body, opening energy pathways, stimulating the nervous system, increasing range of motion, and creating functional strength through rhythmic, flowing movement sequences. It is an original and unique method, which coordinates movement, breath and mental focus. (Chair and mat required).

HIIT
High Intensity Interval Training keeps the intensity up by featuring full body multi joint movements for a total body challenge. Optional weights and/or common household objects will be used.

JUMP ROPE FITNESS
Great cardio, coordination, and fun! Learn new patterns and drills to get the most out of your workout and keep it interesting!

KICKBOX FITNESS
Alternating segments of cardio kickboxing with athletic conditioning skills. Great total body and brain workout!

LAUGHTER YOGA
Laughter Yoga is combination of deep breathing exercises from yoga and laughter exercises, which oxygenate our body and brain, makes us feel more healthy and energetic. No traditional yoga poses, just laughter and breath.

LATIN BALLROOM
Learn beginner level steps to a variety of Latin Ballroom styles of dance. Each week will focus on a different style so that you can drop in on any week without having gone to the previous class. June 23-Rumba, June 30-Bachata, July 7-Salsa, July 14-Cha cha, July 21-Argentine Tango, July 28-Jive.

MIDDAY MOBILITY
Effective full body stretches and self myofascial release techniques that can be done wherever you are.

MORNING STRETCH & MAT PILATES
Ease into the day with a 15 minute Stretch and then 30 minutes of Pilates - a total body exercise regimen that increases strength and flexibility and helps to improve posture.

PILATES/GYRO FUSION
The perfect blend of Mat Pilates and Gyrokinesis.

PIYO
The perfect combo of Yoga and Pilates based moves, set to upbeat music.

PLYOJAM
This powerhouse cardio class combines super fun dance moves with short, explosive plyometric exercises to upbeat, motivating music. Choreography is easy to follow for non-dancers and dancers alike.

TAI CHI
The ultimate purpose of tai chi is cultivate the qi or life energy within us to flow smoothly and powerfully throughout the body. These smooth and flowing movements improve balance, coordination, strength and overall well being.

TOTAL BODY CARDIO & CONDITIONING
Fun full body conditioning and cardio to the rhythm of music.

TOTAL BODY CHALLENGE
A total body strength training/aerobic class using your own bodyweight and optional weights, tubes, bands, balls, or other common household objects for resistance. Get strong and have fun!

U-JAM
A hip-hop dance-fitness class. Dance along to funky, adrenaline-based urban beats from around the world with easy-to-follow choreography so that everyone, everywhere has the potential to get their Jam on.

ULTIMATE UPPER BODY & CORE
Meet Guts, Butts & Thighs sister. We gotta give the upper body some love too! Using weights or common household objects, we will challenge the chest, back, arms, and core!

YOGA BARRE
A fun fusion of ballet & yoga at the barre, with an emphasis on elongation, alignment & core strength. For all levels.

YOGA BREAK & BREATHWORK
5-10 minutes of incredible breathing exercises to strengthen lungs and calm the mind followed by key yoga inspired movements that can be done right in your home office.

YOGA FLOW
A hatha yoga class that includes segments of flow and segments of longer holds in chosen poses for greater mobility, flexibility, and strength.

YOGA SCULPT
Power yoga flow, plus moderate, optional weight lifting, and cardio conditioning. Light weights, water bottles, canned goods are all acceptable. Let’s sweat!

ZUMBA
A fun dance cardio workout to dance from around the world. Enjoy learning styles such as salsa cumbia merengue ragaeon and move. Zumba Afro emphasizes African styles of dance and music.