

Virtual GROUP FITNESS CLASSES 2021



Join any of these FREE virtual group fitness classes by following the steps on the [Quick Reference Guide](#). We recommend that you review the general safety tips and code of conduct on our [website](#) prior to participating. Classes are not offered during County holidays.

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Morning	NO CLASS	TAI CHI 7:30 AM (55 mins)	BEGINNER TABATA 6:30 AM (55 mins)	NO CLASS	NO CLASS	HATHA YOGA 8:00 AM (55 mins) ZUMBA 9:00 AM (55 mins)	TAI CHI 10:00 AM (55 mins)
Midday	ACTIVE STRETCH 12:00 PM (30 mins)	CORE BLAST 1:00 PM (30 mins)	STRETCH & DE-STRESS 12:00 PM (30 mins)	<small>NEW</small> ZUMBA 12:00 PM (45 mins)	<small>NEW</small> ACTIVE STRETCH 12:00 PM (30 mins) FUN-FIT FRIDAY 1:00 PM (45 mins)		
Evening	TOTAL BODY FITNESS 5:30 PM (55 mins)	GENTLE YOGA 5:30 PM (55 mins)	CARDIO KICKBOXING 5:30 PM (55 mins)	PILATES 5:30 PM (55 mins)	<small>NEW</small> RESTORATIVE YOGA 5:30 PM (55 mins)		

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Please review some [general safety tips](#) and the descriptions below prior to participating in virtual fitness classes. All levels are welcome. Modifications will be provided as needed.

ACTIVE STRETCH

Engage major muscle groups with deep dynamic stretching. A great way to energize the mind and take a break from long periods of sitting.

BEGINNER TABATA

Tabata is a form of interval training that consists of 20 seconds of high-intensity exercises, followed by 10 seconds of rest. This style of training can help build strength, endurance, and stamina. The use of weights (or other weighted objects in your home) is recommended.

CARDIO KICKBOXING

This high-energy class combines martial arts techniques with fast-paced cardio to burn calories and improve coordination, flexibility, and stamina.

CORE BLAST

Strengthen core, improve posture, and increase flexibility by performing a variety of exercises for your abdomen and back muscles. The use of light weights, resistance bands, or stability balls is recommended.

FUN-FIT FRIDAY

This class engages and tones the whole body through movements like squatting, lunging, rotating, pressing, and pulling. The use of light weights, resistance bands, or exercise balls is recommended.

HATHA YOGA

This form of yoga takes a slower meditative pace by combining posture, breathing methods, and longer-held poses to build endurance. The use of a mat is recommended.

PILATES

Pilates uses the whole body to improve balance, flexibility, and overall body strength through a series of core-based exercises. The use of a mat and light Pilates equipment (weights, rings, etc.) is recommended.

RESTORATIVE YOGA

Restorative Yoga focuses on poses using props to support your body for deeper relaxation. These poses relieve stress, release muscular tension, and are deeply calming to the nervous system. The use of a mat and bolster/pillow or towel is recommended.

STRETCH & DE-STRESS

Develop awareness and patience through the stillness of longer-held poses and mindful breathing. Gentle poses are performed slowly to stretch different parts of the body, release tension, and improve circulation. The use of a mat is recommended.

TAI CHI

Tai Chi focuses on posture, breathing, and a sequence of flow movements to promote mind-body connection. This class helps you learn basic principles of Tai Chi while improving strength, balance, and coordination.

TOTAL BODY FITNESS

This class provides a cardio workout and tones your muscles through a combination of weights (or weighted objects in your home) and bodyweight exercises. A great way to burn calories and strengthen your whole body!

ZUMBA

A fusion of Latin and international music designed to make you move in a party-like atmosphere. Dance to Latin rhythms such as Salsa, Samba, Meringue, and more! Easy to follow and improves cardiovascular conditioning.