



# Everett Health & Wellness Center's

## Virtual Online Class Schedule



**March 30th - April 4th 2020**

Class Name & Instructor	MON	TUE	WED	THU	FRI	SAT
Strong With Tonya	6PM Meeting ID # 308 933 360					
Adult Yoga With Jacqui			6PM Meeting ID # 391 835 9180		9AM Meeting ID # 391 835 9180	
Kids Yoga With Jacqui			12PM Meeting ID # 391 835 9180		12PM Meeting ID # 391 835 9180	
Top It Off (Upper Body) With Keri				6PM Meeting ID # 471 945 4797		
HIIT With Keri		9AM Meeting ID # 471 945 4797				
KidFit With Keri		12PM Meeting ID # 471 945 4797		12PM Meeting ID # 471 945 4797		
Core & More With Lucy					6PM Meeting ID # 932 448 0028	
Rock Bottom (Lower Body) With Lucy						9AM Meeting ID # 932 448 0028

**Core & More:** A 30 min class targeting your entire torso, including back and core muscles. A strong core leads to strong, fit body that will be less prone to injury. This class is a wonderful complement to all group classes.

**HIIT:** High Intensity Interval training also know as Tabata, or Burst Training, takes an interval style approach. This workout is designed to train the total body and is super intense. This class is 30 minutes of nonstop Core / Cardio training.

**Strong:** STRONG is a high intensity training workout driven by the science of Synced Music Motivation. STRONG crafts and reverse engineers the songs to match every move, driving the intensity and provides a total body workout. STRONG incorporates body weight, kick boxing, and boot camp style movements throughout the class.

**Top It Off:** A 45 min nonstop free wight workout catering to your upper body. Shape your arms, shoulders and back and helping your upper body get stronger.

**Rock Bottom:** a 45 min intense workout zoning in to target your lower half. Work on leaning and strengthening thighs and calves while lifting and toning y our bottom.

**Yoga All Levels:** yoga at a faster paced, and the postures are linked together in a series of movements from one pose to another, gives you an added cardiovascular benefit. The practice of yoga can increase muscle strength, endurance and flexibility, and reduce levels of stress.

**Kids Yoga:** Hop on your yoga mat and join Ms. Jacqui for a fun kids yoga class. You will explore the basics of yoga.

**KidFit:** This class will get your kids active. Ms. Keri will do some basic at home exercise moves to some music. It is fun & it will get your ids moving.

**All our virtual classes will be done through ZOOM app. This app is FREE and can be downloaded on any computer and on IPHONES & Anroid. Once you have downloaded ZOOM, it is time to create an account by adding your personal information. Once that is set up, go to "Join a meeting" at the designated class time, and put in your MEETING ID NUMBER listed on the schedule. If you do NOT want your camera to record you during the meeting, you can disable it, but still be able to see the instructor. Once the class is over, simply "leave the meeting."**