

Fall Virtual Class Schedule*

413500

*-45 minutes, ø- no equipment, †- Yoga mat, ‡- Sturdy chair needed/recommended #-Weights, ball or bands

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Essential Barre # Time: 08:00 AM Chair yoga* ‡ Time: 10:30 AM Pilyoga † Time: 12:00 PM Zumba Gold ø Time: 4:00 PM Pilyoga † Time: 05:30PM	Zumba ø Time: 07:30 AM Gentle Strength*#‡ Time: 09:00 AM Hip Hop Fitness ø Time: 10:15AM Sculpt and Tone # Time: 12:00 PM Tai Chi ø Time: 4:30 PM NIA ø Time: 5:45PM	Power of 3 # Time: 09:00 AM Stability & Balance ‡* Time: 10:30 AM Pilyoga † Time: 12:00PM	Zumba ø Time: 07:30 AM Pilyoga # Time: 09:00 AM Hip Hop Fitness ø Time: 1:00 PM Gentle Fitness*#‡ Time: 4:00 PM Zumba Toning # Time: 05:30 PM	Essential Barre # Time: 08:00 AM Pilyoga† Time: 12:00 PM Zumba ø Time: 05:30 PM	Pilyoga † Time: 09:00 AM NIA ø Time: 10:45 AM
					Sunday



*schedule subject to change. Register for one or all of the above classes for a \$10 fee. Classes offered live through ZOOM. Classes are not recorded and not available after the class ends. For questions email Fitness@longmontcolorado.gov or call 303-774-4752