



CLASS SCHEDULE

MAY 2020

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
5.4 - 5.8	7:00-7:30 AM Yoga Zoom Angie Pita 10:00-10:15 AM Movement Break Zoom Todd Mayfield 12:00-12:30 PM Bootcamp Zoom Sarah Schutt 3:00-3:15 PM Movement Break Zoom Todd Mayfield 5:00-5:30 PM Bootcamp Zoom Marell	8:00-8:30 AM Tabata Zoom Marell 10:00-10:15 AM Movement Break Zoom Nichole 11:30-12:00 PM Bootcamp Zoom Dana Price 2:00-2:30 PM Yoga Zoom Stephanie 3:00-3:15 PM Movement Break Zoom Nichole 5:30-6:00 PM Bootcamp Zoom Michael Roman	7:00-7:30 AM Yoga Zoom Angie Pita 10:00-10:15 AM Movement Break Zoom Nichole 12:00-12:30 PM Bootcamp Zoom Sarah Schutt 3:00-3:15 PM Movement Break Zoom Nichole 5:00-5:30 PM Tabata Zoom Todd Mayfield	8:00-8:30 AM Tabata Zoom Marell 10:00-10:15 AM Movement Break Zoom Cat Romero 11:30-12:00 PM Bootcamp Zoom Dana Price 2:00-2:30 PM Yoga Zoom Stephanie 3:00-3:15 PM Movement Break Zoom Cat Romero 5:30-6:00 PM Bootcamp Zoom Marell	7:00-7:30 AM Yoga Zoom Angie Pita 10:00-10:15 AM Movement Break Zoom Angie Pita 12:00-12:30 PM Bootcamp Zoom Todd Mayfield 2:00-2:45 PM Pound Zoom Melanie 3:00-3:15 PM Movement Break Zoom Angie Pita
5.11 - 5.15	7:00-7:30 AM Yoga Zoom Angie Pita 10:00-10:15 AM Movement Break Zoom Todd Mayfield 12:00-12:30 PM Bootcamp Zoom Sarah Schutt 3:00-3:15 PM Movement Break Zoom Todd Mayfield 5:00-5:30 PM Bootcamp Zoom Marell	8:00-8:30 AM Tabata Zoom Marell 10:00-10:15 AM Movement Break Zoom Nichole 11:30-12:00 PM Bootcamp Zoom Dana Price 2:00-2:30 PM Yoga Zoom Stephanie 3:00-3:15 PM Movement Break Zoom Nichole 5:30-6:00 PM Bootcamp Zoom Michael Roman	7:00-7:30 AM Yoga Zoom Angie Pita 10:00-10:15 AM Movement Break Zoom Nichole 12:00-12:30 PM Bootcamp Zoom Sarah Schutt 3:00-3:15 PM Movement Break Zoom Nichole 5:00-5:30 PM Tabata Zoom Todd Mayfield	8:00-8:30 AM Tabata Zoom Marell 10:00-10:15 AM Movement Break Zoom Cat Romero 11:30-12:00 PM Bootcamp Zoom Dana Price 2:00-2:30 PM Yoga Zoom Stephanie 3:00-3:15 PM Movement Break Zoom Cat Romero 5:30-6:00 PM Bootcamp Zoom Marell	7:00-7:30 AM Yoga Zoom Angie Pita 10:00-10:15 AM Movement Break Zoom Angie Pita 12:00-12:30 PM Bootcamp Zoom Todd Mayfield 2:00-2:45 PM Pound Zoom Melanie 3:00-3:15 PM Movement Break Zoom Angie Pita
5.18 - 5.22	7:00-7:30 AM Yoga Zoom Angie Pita 10:00-10:15 AM Movement Break Zoom Todd Mayfield 12:00-12:30 PM Bootcamp Zoom Sarah Schutt 3:00-3:15 PM Movement Break Zoom Todd Mayfield 5:00-5:30 PM Bootcamp Zoom Marell	8:00-8:30 AM Tabata Zoom Marell 10:00-10:15 AM Movement Break Zoom Nichole 11:30-12:00 PM Bootcamp Zoom Dana Price 2:00-2:30 PM Yoga Zoom Stephanie 3:00-3:15 PM Movement Break Zoom Nichole 5:30-6:00 PM Bootcamp Zoom Michael Roman	7:00-7:30 AM Yoga Zoom Angie Pita 10:00-10:15 AM Movement Break Zoom Nichole 12:00-12:30 PM Bootcamp Zoom Sarah Schutt 3:00-3:15 PM Movement Break Zoom Nichole 5:00-5:30 PM Tabata Zoom Todd Mayfield	8:00-8:30 AM Tabata Zoom Marell 10:00-10:15 AM Movement Break Zoom Cat Romero 11:30-12:00 PM Bootcamp Zoom Dana Price 2:00-2:30 PM Yoga Zoom Stephanie 3:00-3:15 PM Movement Break Zoom Cat Romero 5:30-6:00 PM Bootcamp Zoom Marell	7:00-7:30 AM Yoga Zoom Angie Pita 10:00-10:15 AM Movement Break Zoom Angie Pita 12:00-12:30 PM Bootcamp Zoom Todd Mayfield 2:00-2:45 PM Pound Zoom Melanie 3:00-3:15 PM Movement Break Zoom Angie Pita
5.25 - 5.29	7:00-7:30 AM Yoga Zoom Angie Pita 10:00-10:15 AM Movement Break Zoom Todd Mayfield 12:00-12:30 PM Bootcamp Zoom Sarah Schutt 3:00-3:15 PM Movement Break Zoom Todd Mayfield 5:00-5:30 PM Bootcamp Zoom Marell	8:00-8:30 AM Tabata Zoom Marell 10:00-10:15 AM Movement Break Zoom Nichole 11:30-12:00 PM Bootcamp Zoom Dana Price 2:00-2:30 PM Yoga Zoom Stephanie 3:00-3:15 PM Movement Break Zoom Nichole 5:30-6:00 PM Bootcamp Zoom Michael Roman	7:00-7:30 AM Yoga Zoom Angie Pita 10:00-10:15 AM Movement Break Zoom Nichole 12:00-12:30 PM Bootcamp Zoom Sarah Schutt 3:00-3:15 PM Movement Break Zoom Nichole 5:00-5:30 PM Tabata Zoom Todd Mayfield	8:00-8:30 AM Tabata Zoom Marell 10:00-10:15 AM Movement Break Zoom Cat Romero 11:30-12:00 PM Bootcamp Zoom Dana Price 2:00-2:30 PM Yoga Zoom Stephanie 3:00-3:15 PM Movement Break Zoom Cat Romero 5:30-6:00 PM Bootcamp Zoom Marell	7:00-7:30 AM Yoga Zoom Angie Pita 10:00-10:15 AM Movement Break Zoom Angie Pita 12:00-12:30 PM Bootcamp Zoom Todd Mayfield 2:00-2:45 PM Pound Zoom Melanie 3:00-3:15 PM Movement Break Zoom Angie Pita

How to Register for a Zoom Class

1. Log in to the Learning Center site at go/learningcenter
2. Search for Wel at Humana Group Fitness
3. Choose your desired class, day and time
4. Click Request
5. If the Class is full, you can still click Request to be added to the Waitlist
6. Be on the lookout for a Calendar invite from the Learning Center

