


ZOOM CLASS SCHEDULE

June 2020

ZOOM How To

1. Navigate to Zoom.us or use the Zoom app on your personal device
2. Click *Join a Meeting* and enter in the provided Class ID (located below the class time in the calendar)
3. Use the password **exos** for all classes
4. Enjoy your class!

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
7:00-7:30 AM Yoga 222 011 493 Angie Pita 8:00-8:30 AM Bootcamp 870 0313 2837 Randi 9:30-10:00 AM Bodyweight Metabolic 894 2193 2793 EXOS at Home 10:00-10:15 AM Movement Break 504 847 493 Todd Mayfield 10:15-10:45 AM Flow Yoga 894 1725 6609 EXOS at Home 11:15-11:45 AM Pound 546 521 235 Melanie 12:00-12:30 PM Barre 815 8722 5651 Tracie 12:00-12:30 PM Full Body HIIT 896 3607 6744 Cat Romero 12:30-1:00 PM Cycling 834 2819 7891 Chase 1:00-1:05 PM Mindset Practice 830 6377 2308 EXOS at Home 2:30-3:30 PM Yoga 880 0317 7537 Charlotte 3:15-4:10 PM Sports Performance 875 6789 6827 EXOS at Home 5:00-6:00 PM Yoga 875 9755 3814 Ryan	8:00-8:30 AM Tabata 913 8900 9154 Marell 10:00-10:15 AM Movement Break 317 634 394 Nichole 11:15-11:45 AM PiYo 883 1353 7882 Tracie 12:00-12:30 PM Tabata 184 185 378 Amy 12:30-1:00 PM Bootcamp 181 613 876 Michael Roman 1:00-1:05 PM Mindset Practice 830 6377 2308 EXOS at Home 1:00-1:30 PM Hardcore 109 667 711 Amy 1:30-1:55 PM Fun with Kids 850 1680 2600 EXOS at Home 2:00-2:30 PM Yoga 410 346 028 Stephanie 5:00-5:30 PM Bootcamp 775 572 607 Josh 5:15-6:00 PM Zumba 848 7200 7859 Nichole White 7:30-8:10 PM Strength Workout 816 9033 9603 EXOS at Home	7:00-7:30 AM Yoga 222 011 493 Angie Pita 8:00-8:30 AM Bootcamp 870 0313 2837 Randi 9:30-10:00 AM Bodyweight Metabolic 894 2193 2793 EXOS at Home 10:00-10:15 AM Movement Break 787 238 263 Nichole 10:15-10:45 AM Flow Yoga 894 1725 6609 EXOS at Home 12:00-12:30 PM Barre 815 8722 5651 Tracie 12:00-12:30 PM Full Body HIIT 896 3607 6744 Cat Romero 12:30-1:00 PM Cycling 834 2819 7891 Chase 1:00-1:05 PM Mindset Practice 830 6377 2308 EXOS at Home 2:30-3:30 PM Yoga 870 5868 6379 Stephanie 3:15-4:10 PM Sports Performance 875 6789 6827 EXOS at Home 4:30-5:00 PM Lower Body 869 5814 1747 Iris Perez 5:00-6:00 PM Yoga 859 6885 9265 Charlotte	8:00-8:30 AM Tabata 913 8900 9154 Marell 10:00-10:15 AM Movement Break 868 9108 5708 Cat Romero 11:15-11:45 AM PiYo 883 1353 7882 Tracie 12:00-12:30 PM Tabata 139 009 084 Randi 12:30-1:00 PM Bootcamp 857 0728 8868 Todd 1:00-1:20 PM Advanced Breathing 876 5962 4016 EXOS at Home 1:00-1:30 PM Hardcore 368 507 582 Randi 1:30-1:55 PM Fun with Kids 850 1680 2600 EXOS at Home 2:00-2:30 PM Yoga 541 326 761 Stephanie 5:00-5:30 PM Bootcamp 775 572 607 Josh 5:15-6:00 PM Zumba 848 7200 7859 Nichole White 7:30-8:10 PM Strength Workout 816 9033 9603 EXOS at Home	7:00-7:30 AM Yoga 222 011 493 Angie Pita 9:30-10:00 AM Bodyweight Metabolic 894 2193 2793 EXOS at Home 10:00-10:15 AM Movement Break 509 515 714 Angie Pita 10:15-10:45 AM Flow Yoga 894 1725 6609 EXOS at Home 12:00-12:30 PM Barre 815 8722 5651 Tracie 12:00-12:30 PM Full Body HIIT 896 3607 6744 Cat Romero 12:30-1:00 PM Cycling 834 2819 7891 Chase 1:00-1:05 PM Mindset Practice 830 6377 2308 EXOS at Home 3:15-4:10 PM Sports Performance 875 6789 6827 EXOS at Home	

NEW Performance Tracks : In need of some guidance to navigate our schedule? Try following a more mindful approach to your fitness routine. Choose your goal below and commit to an amount of classes per week. Then follow the guidance and select the classes and times that make sense for you.

Stay Active		Destress		Train like an Athlete	
2x per week	1 Strength: Bootcamp, Tabata, Strength	2x per week	2 Movement Yoga, Dance, Breathe	3x per week	1 Strength: Strength, Performance
	1 Movement: Yoga, Dance Breathe				1 Movement: Yoga, Breathe
3x per week	2 Strength: Bootcamp, Tabata, Strength	3x per week	2 Movement Yoga, Dance, Breathe	4x per week	1 High Intensity: Bootcamp, Tabata, HIIT
	1 Movement: Yoga, Dance Breathe		1 Strength: Bodyweight, Strength		1 Strength: Strength, Performance
4x per week	2 Strength: Bootcamp, Tabata, Strength	4x per week	3 Movement Yoga, Dance, Breathe	5x per week	1 Movement: Yoga, Breathe
	2 Movement: Yoga, Dance Breathe		1 Strength: Bodyweight, Strength		2 High Intensity: Bootcamp, Tabata, HIIT
					2 Strength: Strength, Performance
					1 Movement: Yoga, Breathe
					2 High Intensity: Bootcamp, Tabata, HIIT