


ZOOM CLASS SCHEDULE

Nov 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
<p>7:00-7:30 AM Yoga 222 011 493 Michelle</p> <p>8:00-8:30 AM Bootcamp 870 0313 2837 Randi</p> <p>9:30-10:00 AM Bodyweight Metabolic 894 2193 2793 EXOS at Home</p> <p>10:15-10:45 AM Flow Yoga 894 1725 6609 EXOS at Home</p> <p>11:15-11:45 AM Pound 546 521 235 Melanie</p> <p>12:00-12:30 PM Full Body HIIT 896 3607 6744 Cat Romero</p> <p>3:15-4:10 PM Sports Performance 875 6789 6827 EXOS at Home</p>	<p>11:15-11:45 AM PiYo 883 1353 7882 Tracie</p> <p>12:00-12:30 PM Tabata 184 185 378 Amy</p> <p>1:00-1:30 PM Hardcore 109 667 711 Amy</p> <p>2:00-2:30 PM Yoga 410 346 028 Stephanie</p> <p>3:15-3:40 PM Low Intensity Workout 827 7622 3485 EXOS at Home</p> <p>7:00-7:40 PM Strength Workout 857 3569 5715 EXOS at Home</p>	<p>7:00-7:30 AM Yoga 222 011 493 Stephanie</p> <p>8:00-8:30 AM Bootcamp 870 0313 2837 Randi</p> <p>9:30-10:00 AM Bodyweight Metabolic 894 2193 2793 EXOS at Home</p> <p>10:15-10:45 AM Flow Yoga 894 1725 6609 EXOS at Home</p> <p>12:00-12:30 PM Barre 815 8722 5651 Tracie</p> <p>12:00-12:30 PM Full Body HIIT 896 3607 6744 Cat Romero</p> <p>3:15-4:10 PM Sports Performance 875 6789 6827 EXOS at Home</p> <p>5:30-6:15 PM Yoga 832 1244 2474 Michelle</p>	<p>12:00-12:30 PM Tabata 875 0391 2893 Randi</p> <p>1:00-1:30 PM Hardcore 846 9666 1720 Randi</p> <p>2:00-2:30 PM Yoga 541 326 761 Stephanie</p> <p>3:15-3:40 PM Low Intensity Workout 827 7622 3485 EXOS at Home</p> <p>5:15-6:00 PM Zumba 848 7200 7859 Heather</p> <p>7:00-7:40 PM Strength Workout 857 3569 5715 EXOS at Home</p>	<p>9:30-10:00 AM Bodyweight Metabolic 894 2193 2793 EXOS at Home</p> <p>10:15-10:45 AM Flow Yoga 894 1725 6609 EXOS at Home</p> <p>12:00-12:30 PM Full Body HIIT 896 3607 6744 Cat Romero</p> <p>3:15-4:10 PM Sports Performance 875 6789 6827 EXOS at Home</p>	

* All class times are in EST

** No Humana classes will be held LIVE Nov 26 - 27 due to the Thanksgiving Holiday

*** EXOS at Home classes will not be held during the week of Thanksgiving, Nov 23 - 27

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		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	1 Movement: Yoga, Breathe	
	2 Movement: Yoga, Dance Breathe		1 Strength: Bodyweight, Strength	2 High Intensity: Bootcamp, Tabata, HIIT	
				5x per week	2 Strength: Strength, Performance
					1 Movement: Yoga, Breathe
					2 High Intensity: Bootcamp, Tabata, HIIT