

# Resident Temporary Fitness Class Schedule

(As of September 28<sup>th</sup>, this schedule is effective until further notice)

	Monday	Tuesday	Wednesday	Thursday	Friday
10:00 - 10:45 AM		Cardio & Core		Cardio & Core	
10:15 - 11:00 AM	Mindful Movement		Mindful Movement		Mindful Movement
11:15 AM - 12:00 PM	Mindful Movement		Mindful Movement		Mindful Movement
2:00 - 3:00PM		Brain Games		Brain Games	
2:15 - 3:00 PM	Balance & Strength		Balance & Strength		
3:30 - 4:15 PM		Yoga Plus		Yoga Plus	
4:15 - 5:00 PM	Chair Yoga		Chair Yoga		

• Classes in purple will be held in the aerobic studio

• Brain Games will be in the Rec Room

**\*\* Classes will be limited to 12 people due to social distancing guidelines \*\***