

McConnell Heart Health Center: Virtual Group Fitness

How to Join:

1. COMPLETE THE REQUIRED ONLINE WAIVER [HERE](#). Only needs to be signed once. If you previously completed advance to number 2.
2. Click on the link next to the class you would like to register for.
 - a. You only need to register once to get access to the whole class series!
 - i. Ex. Monday/Thursday Mat Pilates = series
 - ii. Ex. Tuesday Yoga Tone = series
3. Enter your name and email address.
4. Answer the questions that appear on your screen.
5. Click join here link

Day	Class	Time	Instructor	Join Here!
Monday	Mat Pilates	9:30-10:15 a.m.	Lara	Mat Pilates
Tuesday	Tone, Sculpt and Stretch (NEW)	9:30-10:15 a.m.	Joy	Tone, Sculpt and Stretch
Wednesday	Total Body Conditioning	9:30-10:15 a.m.	Joy	TBC
Thursday	Mat Pilates	9:30-10:15 a.m.	Lara	Mat Pilates

Mat Pilates: Learn proper breathing and form techniques needed to perform Pilates exercises.

Essential level exercises are done on the mat. Optional equipment: Small ball, long resistance band, light weights

Tone, Sculpt and Stretch: This class combines strengthening and toning movements for a total body workout. Develop core strength and stabilization, and improve flexibility. Optional equipment: long resistance band, light weights.

Total Body Conditioning: Challenge yourself in this high-energy, total body muscular strength and endurance class. Option equipment: dumbbells, band

*Please note you assume any and all risk of injury or damages in connection with the session and session activities. Participating in these sessions is completely voluntary. At this time, classes will be offered until Oct 31st, 2022. Please keep in mind the video and clarity is only as good as the internet connection.

