



Group Exercise Class Online ZOOM Schedule

Must Register in Advance for Classes Using the Link Below the Class

BARRE SCULPT

8:30 AM - 9:30 AM

Wednesday & Friday with Patty McNulty

Barre Sculpt class is a workout technique inspired by elements of ballet, yoga, and Pilates, that focuses on low-impact, high intensity movements designed to strengthen and tone your body, improve muscle endurance and balance using light weights, loop bands, or household items.

<https://us02web.zoom.us/meeting/register/tZ0vd-uorDorHdfb6cOCOdGYa0fXs1MlhTtu>

STRENGTH & STRETCH

9:45 AM – 10:45 AM

Tuesday/Thursday with Patty McNulty

Strength & Stretch is a fun fitness class designed for all fitness levels and ages. A combination of low impact cardio exercises with muscle sculpting and core balancing exercises. Use of weights and resistance bands.

https://us02web.zoom.us/meeting/register/tZYuf-mgrTliG9Jot3qxFdlqwachP_nrP1TD