



PARKWAY

PARKWAY'S

REOCCURRING

VIRTUAL FITNESS

CLASSES

OCTOBER 2021

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|--|--|--|---|---|
|  <p>HATHA YOGA LIVE STREAM</p> <p>SIEW-BEE @ 11:30 a.m. - 12:15 p.m.</p> |  <p>STRETCH & RELEASE LIVE STREAM</p> <p>ASHLEY @ 11:30 a.m. - 12:15 p.m.</p> |  <p>HATHA YOGA LIVE STREAM</p> <p>NANCY @ 11:30 a.m. - 12:15 p.m.</p> |  <p>CORE & MORE LIVE STREAM</p> <p>NATALIA @ 11:30 a.m. - 12:15 p.m.</p> |  <p>ABC, ARMS BALANCE, CORE LIVE STREAM</p> <p>BRETT @ 11:30 a.m. - 12:15 p.m.</p> |
|  <p>EVERYTHING WORKOUT LIVE STREAM</p> <p>EDIE @ 12:30 p.m. - 1:15 p.m.</p> |  <p>HIIT LIVE STREAM</p> <p>NATALIA @ 12:30 p.m. - 1:15 p.m.</p> |  <p>THE WORKS LIVE STREAM</p> <p>EDIE @ 12:30 p.m. - 1:15 p.m.</p> |  <p>BALLETONE LIVE STREAM</p> <p>EDIE @ 12:30 p.m. - 1:15 p.m.</p> |  <p>CARDIO KICKBOXING LIVE STREAM</p> <p>NATALIA @ 12:30 p.m. - 1:15 p.m.</p> |

Please See Pages 8 - 12 For Event Details

FITNESS CLASSES MONDAYS



HATHA YOGA LIVE STREAM

A straightforward style of Yoga with postures that focus on technique, flexibility, breathing, and relaxation.

-  Mondays
-  11:30 a.m. - 12:15 p.m.
-  Live Virtual Fitness Classes
-  If you have any questions, please email Brett Edleman at Citywestfitness@plusone.com

[Click to Register](#)

[Meeting ID: 985 4549 7973](#)

EVERYTHING WORKOUT LIVE STREAM

This conditioning class will effectively target the whole body in 45 minutes.

-  Mondays
-  12:30 p.m. - 1:15 p.m.
-  Live Virtual Fitness Classes
-  If you have any questions, please email Brett Edleman at Citywestfitness@plusone.com

[Click to Register](#)

[Meeting ID: 978 6356 2560](#)



FITNESS CLASSES TUESDAYS



STRETCH & RELEASE LIVE STREAM

This relaxing class integrates dynamic stretching techniques to increase flexibility.

-  Tuesdays
-  11:30 a.m. - 12:15 p.m.
-  Live Virtual Fitness Classes
-  If you have any questions, please email Brett Edleman at Citywestfitness@plusone.com

[Click to Register](#)

Meeting ID: 958 2782 8758

HIIT LIVE STREAM

High Intensity Interval Training (HIIT). Class includes short, high-intensity intervals combined with active recovery designed to train the body for improved performance and calorie burning. This format offers the perfect blend of speed, quickness and agility drills.

-  Tuesdays
-  12:30 p.m. - 1:15 p.m.
-  Live Virtual Fitness Classes
-  If you have any questions, please email Brett Edleman at Citywestfitness@plusone.com

[Click to Register](#)

Meeting ID: 930 2250 3468



FITNESS CLASSES WEDNESDAYS



HATHA YOGA LIVE STREAM

A straightforward style of Yoga with postures that focus on technique, flexibility, breathing, and relaxation.

-  Wednesdays
-  11:30 a.m. - 12:15 p.m.
-  Live Virtual Fitness Classes
-  If you have any questions, please email Brett Edleman at Citywestfitness@plusone.com

[Click to Register](#)

Meeting ID: 985 4549 7973

THE WORKS LIVE STREAM

Looking for a fun way to exercise? This class includes everything: cardio, weights, core training and a relaxing stretch. Come join the fun!

-  Wednesdays
-  12:30 p.m. - 1:15 p.m.
-  Live Virtual Fitness Classes
-  If you have any questions, please email Brett Edleman at Citywestfitness@plusone.com

[Click to Register](#)

Meeting ID: 997 5418 3002



FITNESS CLASSES THURSDAYS



CORE & MORE LIVE STREAM

A total-body workout with a heavy core training component. Come prepared to sculpt and shape your torso with abdominal, lower-back and full-body exercises.

-  Thursdays
-  11:30 a.m. - 12:15 p.m.
-  Live Virtual Fitness Classes
-  If you have any questions, please email Brett Edleman at Citywestfitness@plusone.com

[Click to Register](#)

Meeting ID: 938 5434 8308

BALLESTONE LIVE STREAM

This cardio ballet class will challenge your muscular endurance, core conditioning and flexibility in 45 minutes with low impact moves that will challenge you head to toe.

-  Thursdays
-  12:30 p.m. - 1:15 p.m.
-  Live Virtual Fitness Classes
-  If you have any questions, please email Brett Edleman at Citywestfitness@plusone.com

[Click to Register](#)

Meeting ID: 921 9568 9420



FITNESS CLASSES FRIDAYS



ABC, ARMS, BALANCE, CORE LIVE STREAM

Enjoy a workout that focuses on your upper body, core, balance, coordination, and flexibility.

-  Fridays
-  11:30 a.m. - 12:15 p.m.
-  Live Virtual Fitness Classes
-  If you have any questions, please email Brett Edleman at Citywestfitness@plusone.com

[Click to Register](#)

Meeting ID: 952 8015 1754

CARDIO KICKBOXING LIVE STREAM

A high-intensity mix of cardio and kickboxing movements.

-  Fridays
-  12:30 p.m. - 1:15 p.m.
-  Live Virtual Fitness Classes
-  If you have any questions, please email Brett Edleman at Citywestfitness@plusone.com

[Click to Register](#)

Meeting ID: 986 6938 2697



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