
















PARKWAY **PARKWAY'S** **REOCCURRING** **VIRTUAL FITNESS** **CLASSES**

FEBRUARY 2021

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
 POWER CIRCUIT NATALIA @ 11:00 a.m. - 11:45 a.m.	 CORE & MORE ASHLEY @ 11:00 a.m. - 11:45 a.m.	 METABOLIC BURN NATALIA @ 11:00 a.m. - 11:45 a.m.	 20/20 ASHLEY @ 11:00 a.m. - 11:45 a.m.	
 PILATES SCULPT EDIE @ 12:15 p.m. - 1:00 p.m.	 CARDIO KICKBOXING NATALIA @ 12:15 p.m. - 1:00 p.m.	 HATHA YOGA SIEW-BEE @ 12:15 p.m. - 1:15 p.m.	 BARRE EDIE @ 12:15 p.m. - 1:00 p.m.	 ABC, ARMS BALANCE, CORE BRETT @ 12:15 p.m. - 1:00 p.m.
	 EVERYTHING WORKOUT NATALIA @ 5:30 p.m. - 6:15 p.m.	 EVERYTHING WORKOUT EDIE @ 5:30 p.m. - 6:15 p.m.		

Please See Pages 9 - 14 For Event Details

FITNESS CLASSES MONDAYS



POWER CIRCUIT

A high-energy rotation of strength training, cardio and body weight exercises designed to strengthen and define your muscles and keep your heart rate elevated for max calorie burn.



Mondays



11:00 a.m. - 11:45 a.m.



Live Virtual Fitness Classes



If you have any questions, please email Brett Edleman at Citywestfitness@plusone.com

[Click to Register](#)

Meeting ID: 979 2083 7534

PILATES SCULPT

Exercises and postures that stretch and tone every muscle in your body with a special emphasis on the "core" (abdominals, waist, low back, and buttocks). A variety of props may be used.



Mondays



12:15 p.m. - 1:00 p.m.



Live Virtual Fitness Classes



If you have any questions, please email Brett Edleman at Citywestfitness@plusone.com

[Click to Register](#)

Meeting ID: 980 2497 7675



FITNESS CLASSES TUESDAYS



CORE & MORE

Come prepared to sculpt and shape your torso with everything from abdominal, lower back and full body exercises using a variety of equipment.



Tuesdays



11:00 a.m. - 11:45 a.m.



Live Virtual Fitness Classes



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[Click to Register](#)

Meeting ID: 960 9755 5403

CARDIO KICKBOXING

A high-intensity mix of cardio and kickboxing movements.



Tuesdays



12:15 p.m. - 1:00 p.m.



Live Virtual Fitness Classes



If you have any questions, please email Brett Edleman at Citywestfitness@plusone.com

[Click to Register](#)

Meeting ID: 982 7393 2718





EVERYTHING WORKOUT

This conditioning class will effectively target the whole body in 45 minutes using dumbbells, resistance tubing and/or mini bands and gliders.



Tuesdays



5:30 p.m. - 6:15 p.m.



Live Virtual Fitness Classes



If you have any questions, please email Brett Edleman at Citywestfitness@plusone.com

[Click to Register](#)

Meeting ID: 925 6984 2480

METABOLIC BURN

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.



Wednesdays



11:00 a.m. - 11:45 a.m.



Live Virtual Fitness Classes



If you have any questions, please email Brett Edleman at Citywestfitness@plusone.com

[Click to Register](#)

Meeting ID: 925 6984 2480

FITNESS CLASSES WEDNESDAYS





HATHA YOGA

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



Wednesdays



12:15 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: 926 3255 8801

EVERYTHING WORKOUT

This conditioning class will effectively target the whole body in 45 minutes using dumbbells, resistance tubing and/or mini bands and gliders.



Wednesdays



5:30 p.m. - 6:15 p.m.



Live Virtual Fitness Classes



If you have any questions, please email Brett Edleman at Citywestfitness@plusone.com

[Click to Register](#)

Meeting ID: 925 6984 2480



FITNESS CLASSES

THURSDAYS



20/20

The perfect blend of aerobics and body sculpting, this workout consists of 20 minutes of basic aerobic moves followed by 20 minutes of targeted, upper body sculpting moves using dumbbells or resistance tubing.



Thursdays



11:00 a.m. - 11:45 a.m.



Live Virtual Fitness Classes



If you have any questions, please email Brett Edleman at Citywestfitness@plusone.com

[Click to Register](#)

Meeting ID: 920 1072 6486

BARRE

An all-levels class that consists of low impact/high repetition movements, with small isometric exercises to target your arms, abdominals, and legs. A variety of props may be used.



Thursdays



12:15 p.m. - 1:00 p.m.



Live Virtual Fitness Classes



If you have any questions, please email Brett Edleman at Citywestfitness@plusone.com

[Click to Register](#)

Meeting ID: 972 6864 7608



FITNESS CLASSES FRIDAYS



ABC, ARMS, BALANCE, CORE

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



Fridays



12:15 p.m. - 1:00 p.m.



Live Virtual Fitness Classes



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[Click to Register](#)

Meeting ID: 951 6947 2913

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