

Cornell Wellness' Healthy Living Program

Virtual Group Exercise Classes

Fall Session August 30 – December 17

Monday	Tuesday	Wednesday	Thursday	Friday
		8:10-8:50 am Zumba® Gold Carol		8:10-8:50 am Zumba® Gold Carol
9:00-9:45 am Morning Stretch Jenn	9:00-9:45 am Power HIIT Keri	9:00-10:30 am Yoga Lisa	9:00-9:50 am Move It! Jenn	9:00-10:00 Total Toning Jenn
10:00-10:45 am Strength Training Keri	10:00-11:00 am Pilates Jenn	10:40-11:30 am Barre Kimberly	10:00-10:50 am Core & More Jenn	
	11:10 am-12:00 pm Energize & Activate Cathryn		11:00-12:00 am Balance Booster Cathryn	

All classes are held virtually via Zoom

There are no classes: 9/6, 11/25, 11/26

Questions, please contact:
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