

Cornell Wellness' Healthy Living Program

Hybrid Group Exercise Classes

Fall Session August 29 – December 16

Monday	Tuesday	Wednesday	Thursday	Friday
		8:10-8:50 am Zumba® Gold <u>Virtual Only</u> Carol		8:10-8:50 am Zumba® Gold <u>Virtual Only</u> Carol
9:00-9:45 am Morning Stretch <u>Virtual Only</u> Cathryn	9:00-9:50 am Cardio Drumming *HNH Dance Studio Laurie	9:00-9:45 am Fit Trifecta <u>Virtual Only</u> Priscilla	9:00-9:50 am Building Strength *HNH Dance Studio Laurie	9:00-9:45 am Fit Trifecta <u>Virtual Only</u> Priscilla
10:00-10:45 am Strength Training <u>Virtual Only</u> Keri		10:00-10:45 am Aqua Zumba® *HNH Pool Starts 6/22 Carol	9:30-10:45 am Yoga <u>Virtual Only</u> Daniel	
	11:10 am-12:00 pm Energize & Activate <u>Virtual Only</u> Cathryn	10:40-11:30 am Barre <u>Virtual Only</u> Kimberly	11:00 am-12:00 pm Balance Booster *HNH Dance Studio Cathryn	