

Cornell Wellness' Healthy Living Program

Hybrid Group Exercise Classes

Spring Session January 9 – May 26

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 <i>*HNH Dance Studio</i> Starts 1/24 Laurie	9:00-9:45 am Fit Trifecta <u>Virtual Only</u> Priscilla	9:00-9:50 am Core & More <i>*HNH Dance Studio</i> Starts 1/26 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	10:00-10:50 am Energize & Activate <i>Hybrid</i> <i>*HNH Dance Studio</i> 1/24 Cathryn		10:00-10:50 am Balance Booster <i>Hybrid</i> <i>*HNH Dance Studio</i> Starts 1/26 Cathryn	
		10:30-11:20 am Barre <u>Virtual Only</u> Kimberly		

No Classes: January 16th
