

# Cornell Wellness' Healthy Living Program

## **Hybrid Group Exercise Classes**

Summer Session June 6 – August 12

Monday	Tuesday	Wednesday	Thursday	Friday
		8:10-8:50 am <b>Zumba® Gold</b> <u>Virtual Only</u> Carol		8:10-8:50 am <b>Zumba® Gold</b> <u>Virtual Only</u> Carol
9:00-9:45 am <b>Morning Stretch</b> <u>Virtual Only</u> Jenn		9:30-10:45 am <b>Yoga</b> <u>Virtual Only</u> Daniel	9:00-9:45 am <b>Move It!</b> *HNH Dance Studio Jenn	9:00-9:45 am <b>Total Toning</b> *HNH Dance Studio Jenn
10:00-10:45 am <b>Strength Training</b> <u>Virtual Only</u> Keri	10:00-11:00 am <b>Pilates</b> *HNH Dance Studio Jenn	10:00-10:45 am <b>Aqua Zumba®</b> *HNH Pool – 6/22 Carol	10:00-10:45 am <b>Core &amp; More</b> *HNH Dance Studio Jenn	10:00-11:00 am <b>Power HIIT</b> <u>Virtual Only</u> Keri
	11:10 am-12:00 pm <b>Energize &amp; Activate</b> *HNH Dance Studio Cathryn	10:40-11:30 am <b>Barre</b> <u>Virtual Only</u> Kimberly	11:00 am-12:00 pm <b>Balance Booster</b> *HNH Dance Studio Cathryn	
	12:00-12:45pm <b>Power HIIT Live</b> *AppelCommons <u>In-Person Only</u> Keri			

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