

# Week of April 12

Join us for LIVE virtual classes through Zoom; no registration is necessary. Check back each week for the new class links.

■ Class format rotates; visit us [online for class descriptions](#). Instructors may change without notice.

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>8:00am</b> <i>(30 min. unless indicated)</i>				<b>Muscle Mix</b> <i>(Virtual Class)</i> <b>Angie</b>  <a href="#">Join Class</a> Password: rfc	
<b>10:00am</b> <i>(40 min. unless indicated)</i>		<b>Beg. Yoga Flow Series</b> <i>(Virtual Class)</i> <b>Rebecca</b>  <a href="#">Join Class</a> Password: rfc			
<b>11:15am</b> <i>(45 min. unless indicated)</i>	<b>Yoga Flow</b> <i>(Virtual Class)</i> <b>Amanda</b>  <a href="#">Join Class</a> Password: rfc	<b>Circuit Training</b> ■ <i>(Virtual Class)</i> <b>Ryan</b>  <a href="#">Join Class</a> Password: rfc	<b>Pilates (11:00am)</b> <i>(Virtual Class/30 min)</i> <b>Rebecca</b>  <a href="#">Join Class</a> Password: rfc		<b>1-minute Intervals</b> <i>(Virtual Class)</i> <b>Peter</b>  <a href="#">Join Class</a> Password: rfc
<b>12:15pm</b> <i>(45 min. unless indicated)</i>			<b>Body Sculpt</b> <i>(Virtual Class)</i> <b>Mitchell</b>  <a href="#">Join Class</a> Password: rfc	<b>Yoga Stretch</b> <i>(Virtual Class)</i> <b>Cheryl</b>  <a href="#">Join Class</a> Password: rfc	
<b>1:15pm</b> <i>(45 min. unless indicated)</i>					
<b>5:00pm</b> <i>(30 min. unless indicated)</i>					

## Virtual Participation Disclaimer

As with any exercise or movement-based program, participation in physical activity has inherent risks and may result in injury. Participants are encouraged to stop if they experience pain, injury or other symptoms of distress, and should seek appropriate medical advice or care as needed. Participants should not begin any physical activity program without consulting a health care professional first and should always follow the advice of their health care professional before participating in any activities of a physical nature.