

**ATTENTION:** Based on the member survey results, we have made some changes to the class schedule. Please look at the new class descriptions to see what equipment is recommended but not required.

# OCTOBER 2020 LIVE VIRTUAL FITNESS SCHEDULE

Cardinal Health *Fitness Center*  
 Operated by  HealthFitness  
 A Trustmark Company

MON	TUES	WED	THURS	FRI
	<b>Upper Body &amp; Core</b>	<b>Lower Body &amp; Core</b>	<b>Total Body Express</b>	
	Instructor: Gabe <b>7-7:30AM</b>	Instructor: Dylan <b>7-7:30AM</b>	Instructor: Susan <b>7-7:30AM</b>	
<b>CUBEFIT STRETCH</b> 8:30-8:45am	<b>CUBEFIT STRETCH</b> 8:30-8:45am	<b>CUBEFIT STRETCH</b> 8:30-8:45am	<b>CUBEFIT STRETCH</b> 8:30-8:45am	<b>CUBEFIT STRETCH</b> 8:30-8:45am
<b>CUBEFIT STRENGTH</b> 10:30-10:45am	<b>CUBEFIT STRENGTH</b> 10:30-10:45am	<b>CUBEFIT STRENGTH</b> 10:30-10:45am	<b>CUBEFIT STRENGTH</b> 10:30-10:45am	<b>CUBEFIT STRENGTH</b> 10:30-10:45am
<b>HIIT from Home</b>	<b>Strong &amp; Lean</b>	<b>Cardio Kickboxing</b>	<b>650 Fusion</b>	<b>Strength Cardio Mix</b>
Instructor: Kristen <b>12-12:40PM</b>	Instructor: Eric <b>12-12:30PM</b>	Instructor: Ryan B. <b>12-12:30PM</b>	Instructor: Drew <b>12-12:40PM</b>	Instructor: Susan <b>12-12:40PM</b>
	<b>Cardio Blast</b>	<b>Stretch &amp; Core</b>		
	Instructor: Felicia <b>12:30-1PM</b>	Instructor: Gabe <b>12:30-1PM</b>		
<b>CUBEFIT STRETCH</b> 2:30-2:45pm	<b>CUBEFIT STRETCH</b> 2:30-2:45pm	<b>CUBEFIT STRETCH</b> 2:30-2:45pm	<b>CUBEFIT STRETCH</b> 2:30-2:45pm	<b>CUBEFIT STRETCH</b> 2:30-2:45pm
<b>CUBEFIT STRENGTH</b> 4:30-4:45pm	<b>CUBEFIT STRENGTH</b> 4:30-4:45pm	<b>CUBEFIT STRENGTH</b> 4:30-4:45pm		
	<b>Bootcamp</b>	<b>Bodyweight Burn</b>		
	Instructor: Dylan 5-5:30PM	Instructor: Ryan B. 5-5:30PM		

# Class Descriptions

STRENGTH & CARDIO	<b>650 Fusion</b> Instructor: Drew	650 Fusion blends together strength, core & cardio following a 10 round pyramid format. <b>Dumbbells are recommended but not required.</b>
	<b>Bodyweight Burn</b> Instructor: Ryan B.	Ryan will guide you through bodyweight moves designed to burn some serious calories! The class will use bodyweight only moves but dumbbells can be added.
	<b>Strength Cardio Mix</b> Instructor: Susan	Sculpting bodyweight & dumbbell strength moves blended with calorie blasting cardio. <b>Dumbbells are recommended, but not required.</b>
CARDIO	<b>Boot Camp</b> Instructor: Dylan	Work at your own pace as your instructor takes you through a series of both strength training and cardio full body movements that'll have you sweating and your muscles burning.
	<b>Cardio Blast</b> Instructor: Felicia	Get ready for a fun high energy full body workout! The class uses varying combination of cardio based moves to burn as many calories, and sweat as much as possible in the class time frame.
	<b>Cardio Kickboxing</b> Instructor: Ryan B.	A tempo class that involves working all parts of the body and gets you moving like a fighter! This class challenges coordination & will help define your muscles, intensify your endurance, and tighten your waist while learning basic strikes and kicks. No equipment is necessary but small weights or water bottles can be used.
	<b>HIIT from Home</b> Instructor: Kristen	This 40 minute high intensity interval training class is a high calorie burning plyometric class & a must for your lunch break! <b>Mini Bands and Dumbbells are recommended but not required.</b>
FLEXIBILITY	<b>Stretch &amp; Core</b> Instructor: Gabe	Join this deep stretch & core class to increase your range of motion & loosen up your muscles.
	<b>CubeFit</b>	These quick 10 minute express classes focus on stretch & strength moves that you can incorporate in between meetings to give you a energy break!
STRENGTH	<b>Lower Body &amp; Core</b> Instructor: Gabe	Strengthen your glutes, hamstrings, quads, lower back & core in this strength-based class instructed by Gabe. <b>Dumbbells are recommended but not required.</b>
	<b>Strong &amp; Lean</b> Instructor: Eric	{DESCRIPTION}
	<b>Total Body Express</b> Instructor: Susan	10 minutes of upper body, 10 minutes of lower body & 10 minutes of core. This class will target all major muscle groups in a consistent & easy to follow class. <b>Dumbbells are recommended but not required.</b>
	<b>Upper Body &amp; Core</b> Instructor: Dylan	Strengthen your biceps, triceps, shoulders, upper back & core in this strength-based class instructed by Dylan. <b>Dumbbells are recommended but not required.</b>