

Centre of Elgin's Virtual GF Class Schedule

May, 2020

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Carrie Baldwin's Cross Training Boot camp-styled workout using body-weight strength drills, cardio and various things around the house	Renee Hofman's Restorative Yoga Gentle, slow, still style of yoga that involves long, passive holds in a series of 4-6 restful poses	Carrie Baldwin's Reps & Sets Strength Training using bodyweight everything around the house that can provide resistance	Danae Molitor's Chair Yoga A gentle, seated Yoga practice that incorporates breath work with stretches.	Kathy Bruno's Muscle Max Total body strength-interval style dumbbells / bands etc	Carrie Baldwin's Reps & Sets Strength Training using bodyweight everything around the house that can provide resistance	Renee Hofman's Restorative Yoga Gentle, slow, still style of yoga that involves long, passive holds in a series of 4-6 restful poses
Renee Hofman's Hatha Yoga Physical postures (yoga poses) and breathing techniques, practiced more slowly and with more static posture holds	Danae Molitor's Barre n Body Ballet-Based training for strength, flexibility and endurance	Kathy Bruno's Core n More Bodyweight / random household props-standing core and floor work-all levels	Angie Jablonski's F-35 Boot Camp F is for Functional. Using your bodyweight and other things you have at home for a complete workout.	Danae Molitor's Restorative Yoga A slower practice that incorporates breath work with longer holds in the poses	Angie Jablonski's Dance Fitness Circuit Dance off the pounds with a side of light resistance work for toning	Danae Molitor's Barre n Body Ballet-Based training for strength, flexibility and endurance
Kathy Bruno's Cardio/Core Blast HIIT cardio intervals bodyweight / dumbbells	Migdalia Sepulveda's H.I.I.T. Action A mix of cardio drills, bodyweight strength drills and finish up with some core and stretching.	Danae Molitor's Senior-Fit / Stay Grounded Improve your strength and balance with exercises that are easy yet functional	Carrie Baldwin's Cross Training Boot camp-styled workout using body-weight strength drills, cardio and various things around the house	Migdalia Sepulveda's Core - Flex Core strengthening and stability with a side focus on special stretching techniques	Renee Hofman's Hatha Yoga Physical postures (yoga poses) and breathing techniques, practiced more slowly and with more static posture holds	Migdalia Sepulveda's Pilates Mat Work your deep core strength and balance to really engage your center as you perform various floor exercises
						All classes are 30-45 minutes. Register Online at www.centreofelgin.org
Classes are free from May 11th - May 17th...with Registration at - - - - - >>>						