

LIVE STREAM GLOBAL FITNESS WEEKEND 1 HOUR CLASS SCHEDULE AT A GLANCE
FOR CERTIFICATIONS – SEE THE LIVE VIRTUAL CALENDAR

SATURDAY OCTOBER 24, 2020

11:00am – 12:00pm

TAI CHI: SIMPLIFY 24 YANG – MANUEL VELAZQUEZ
STRETCH: FLEX-ABILITY – DAKOTA FOX
STRENGTH: REPLACE WITH MUSCLE – BRIAN GUZMAN
AQUA: AQUA BOOTCAMP – DARCY KENT
CARDIO: CARDIO KICKBOX INTERVALS – ESTER MARSH

12:15 – 1:15pm

STRENGTH: TOTAL BODY CHISEL – GAY GASPER:
CORE: BRING THE CORE – ROZ SINGLETON
AQUA: AQUA STRENGTH & RESISTANCE – STEPHANIE DUDRA
CARDIO: BOOTCAMP DURING COVID – BRIAN GUZMAN

1:30 – 2:30pm

STRENGTH: PUSH IT TO THE MAX – GREG SIMS
STEP: STEP ON FIRE! – SHERETA MIDDLETON
AQUA: PLUNGE TO THE MAX – JODI HEIMRICH
SENIOR: PILATES 55+ - LILLY CALTIS

2:45 – 3:45pm

CORE: CREATIVE CORE POWER – DARCY KENT
AQUA: AQUA FLEX – STEPHANIE DUDRA
TRX: PRECISION TRX TRAINING FOR SENIORS – CARRIE SMITH

4:00 – 5:00pm

STRENGTH: DYNAMIC FUNCTIONAL STRENGTH – MANUEL VELAZQUEZ
BOOTCAMP: HIIT BOOTCAMP – DARCY KENT
YOGA: YOGA STRENGTH – GAY GASPER
SPECIALIZED: FANCY FEET WORKOUT (all about foot health) – MARLENE JENKINS
SENIOR: THE NO CHAIR NEEDED WORKOUT – CARRIE SMITH

SUNDAY OCTOBER 25, 2020

11:00am – 12:00pm

PILATES: PILATES FUNCTIONAL PROGRESSIONS – MANUEL VELAZQUEZ
BOOTCAMP: BOOTCAMP YOUR BOOTCAMP! – BRIAN GUZMAN
SENIOR: SENIOR 50 REPS IN 50 MINUTES – MARLENE JENKINS
YOGA: ESTALATTE YOGA FLOW – ESTER MARSH

12:15 – 1:15pm

STRENGTH + CARDIO: ATHLETIC CONDITIONING – GAY GASPER
DANCE: WET & DRY DANCE PARTY! – DARISE BARRON (LAND or AQUA)
AQUA: AROUND THE WORLD...WET – MARLENE JENKINS
PT LECTURE: GROUP PERSONAL TRAINING FOR SENIORS – CARRIE SMITH

1:30 – 2:30pm

PT LECTURE: BE THE CONSIDERATE TRAINER – BRIAN GUZMAN
YOGA: FLOWING YOGA DANCE – MANUEL VELAZQUEZ
MAT PILATES: MAT PILATES HIIT – LILLY CALTIS
ALL CARDIO: CARDIO UP! – DARISE BARRON

2:45 – 3:45pm

STRENGTH + CARDIO: SHED & SHRED – SHERETA MIDDLETON
STRENGTH: GLUTE BOOTY CAMP – ROZ SINGLETON
BARRE CLASS: CARDIO BARRE – LILLY CALTIS
SENIOR: TRAINING YOUR SENIOR (LECTURE + WORKSHOP) – CARRIE SMITH

4:00 – 5:00pm

DANCE: MOVE & GROOVE FUNK! – MANUEL VELAZQUEZ
STRENGTH + CARDIO: HEAD TO TOE, COMPLETE WORKOUT – BRIAN GUZMAN
MOBILITY: FUNCTIONAL MOBILITY – DAKOTA FOX
SENIOR CARDIO: WITCHY WOMAN 50+ – MARLENE JENKINS