

June 8th-29th Virtual Fitness Class Schedule

Mondays	Tuesdays	Wednesdays	Thursdays
Cardio/Strength 11:30am-12pm 15 Minute Stretch 2-2:15pm	Yoga 12-12:30pm Cardio 4:30-5pm	Strength 11:30am-12pm Yoga 4-4:30pm	15 Minute Stretch 10-10:15am Cardio/Strength 12-12:30pm

Class Descriptions:

Cardio/Strength: Workout will include high/low aerobics or circuits. Strength training will also be incorporated through the use of body weight and additional weights (optional).

15 Minute Stretch: Take time to get up from your desk or couch to stretch and take in a few deep breaths. Traditional stretches and yoga will be used. Optional yoga mat, or carpet.

Yoga: Focus your mind, concentrate on your breath, and increase your strength and flexibility. Different styles of yoga including Vinyasa, Power, and Restorative may be used.

Cardio: A full-body workout that gets your heart pumping and muscles moving. A mix of high/low aerobics or circuits.

Strength: Muscle building and conditioning class to strengthen arms, back, legs, and glutes with an abdominal component to finish. The use of dumbbells, resistance bands, and/or medicine balls is recommended.

Need to Know:

- A link to join via Zoom will be created for each class
- Find the link by using the FVTC Fitness Center app or web version (www.fvtc.virtuagym.com) and click on "Schedule" to find the classes
- Email fitnesscenter@fvtc.edu to request a calendar invite for any class
- Web cams and microphones for users are not required. It will be up to your comfortable level.
- Each class will open up 15 minutes prior to the start to allow for conversations and social time.
- Each class will be recorded and can be found on Youtube by searching FVTC Student Life