



Live Virtual Class Schedule

Important Details!

- Classes take place on Body Zone's Zoom account. Register for Zoom for free so you can test drive it in advance of your class. Zoom gives you a test “meeting” link and offers tutorials so you can become comfortable with the app. Test your video and audio by going to “preferences” on the Zoom app.
- Body Zone Zoom “Meetings” open 10 minutes early so we can get organized and say hello!
- Suggested props/equipment vary per class and may include mats, chairs, bands and any dumbbells (or heavy cans or water bottles) you have at home. Instructors will have equipment and movement modifications for every workout.
- Get your reoccurring Zoom class invite by emailing learn@bodyzonesports.com

Weekly Class Schedule - Effective July 8

Monday

8:00 - 8:35 am: BZ Boot Camp with Sue Daly

Wednesday

12:00 - 12:35 pm: HIIT with BZ Trainer
Connor Sausser

Friday

9:00 - 9:45 am: Step Works with LuAnn Wolfe

Tuesday

6:00 - 6:35 pm: HIIT with Tammy Partsch

Thursday

6:00 - 7:00 pm: Yogabasics with Lacey Baxter

****Get Zoom class invite by emailing learn@bodyzonesports.com**

Class Descriptions

BZ Boot Camp: An energetic and athletic class mixing high intensity cardio and muscle conditioning.

HIIT: Anything goes in this high intensity training class. You will be pushed to work hard but have fun all at the same time.

Step Works: Expect cardio and step choreography fun even if you don't have a step!

Yogabasics: Learn the basic poses of yoga in a class that will help you build strength, increase flexibility, balance and focus.

