



Virtual Fitness

Gentle Yoga Moves

Mondays 8:30–9:30 am
June 29–August 31

Experience the benefits of increased balance, flexibility, and muscle strength. Gentle Yoga combines simple breathing exercises with stretches and yoga postures (asanas), that can be done seated, standing, or on the floor, with modifications as needed. Class ends with a guided deep relaxation experience.

Core & Conditioning with Ivonne

Tuesdays 5:30–6:15 pm
July 7–August 11

Move through exercises to build core muscle strength and stability that help improve posture, balance, steadiness, reduce back pain, and overall physical performance.

Stretch and Strengthen

Thursdays 10–11 am
July 9–August 13

Move through timed exercise at your own pace to stretch and strengthen for a complete workout!

Happy Hips

Thursdays 11:30 am–Noon
July 9–August 13

Make your hips happy with stretching and strengthening exercises in standing and seated positions. This is a great option for people looking to increase hip strength and mobility or stretch out during the day.

Watch Anytime, Anywhere, New On-Demand Videos!

Explore our collection of on-demand videos—featuring guided meditations, energizing fitness classes, and educational webinars.



Q04-D1783E272543E3