

NEVER MISS A FITNESS CLASS!!

Did you know that most of our classes are streamed live on ZOOM?
And to participate at home, you don't even need to register!!

BENSON VIRTUAL SCHEDULE

Cardio Strength	Mondays, 10:00 AM	Zoom Only
Cardio Circuit	Wednesdays, 10:00 AM	Zoom Only
Cardio Tabata	Fridays, 10:00 AM	Zoom & at the Center
• Jennifer Jones, Instructor		

Zoom Link: <https://us02web.zoom.us/j/87229537257>

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The following classes are live at the center and simulcasted on ZOOM:

<https://zoom.us/j/91942191938>

• Body Works Plus	Mondays @ 9:30 AM	Sonya Edwards
• Chair Yoga	Mondays @ 10:30 AM	Sonya Edwards
• Chair Yoga	Tuesdays @ 9:00 AM	Diane Adams
• Strength & Balance	Wednesdays @ 9:30 AM	Diane Adams
• Strength & Balance	Wednesdays @ 10:30AM	Diane Adams
• Flexibility	Thursdays @ 9:30AM	Diane Adams
• S.E.A.T.	Thursdays @ 10:30 AM	Diane Adams