



## 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

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
- S.E.A.T.                Tuesdays, 9:00 AM    Diane Adams
- Theraband             Tuesdays, 10:00AM   Diane Adams
- 3 'N 1                  Tuesdays, 11:00AM   Diane Adams
- Strength & Balance   Wednesdays, 9:30 AM   Diane Adams
- Strength & Balance   Wednesdays, 10:30 AM   Diane Adams
- Flexibility             Thursdays @ 9:30 AM   Diane Adams
- S.E.A.T.                Thursdays @ 10:30 AM   Diane Adams



- Cardio Strength      Tuesdays, 2:00PM      Jennifer Jones
- Cardio Tabata        Fridays, 10:00 AM      Jennifer Jones

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