

# MARCH 2021

## VIRTUAL FITNESS CLASSES



MON	TUE	WED	THU	FRI
<p><b>YOGA</b> with Raquel 12:00—12:30PM</p> <p><b>CLICK TO JOIN</b></p>	<p><b>TONE &amp; FIT</b> with Kirsten 12:00—12:30PM</p> <p><b>CLICK TO JOIN</b></p>	<p><b>POWER YOGA*</b> with Raquel 12:00—12:30PM</p> <p><b>CLICK TO JOIN</b></p>	<p><b>TONE &amp; FIT</b> with Kirsten 12:00—12:30PM</p> <p><b>CLICK TO JOIN</b></p>	<p><b>STRENGTH</b> with Kirsten 11:30AM—12:00PM</p> <p><b>CLICK TO JOIN</b></p>
<p><b>TABATA</b> with Lauren 5:30—6:00PM</p> <p><b>CLICK TO JOIN</b></p>		<p><b>TABATA</b> with Lauren 5:30—6:00PM</p> <p><b>CLICK TO JOIN</b></p>		<p><b>STRETCH</b> with Kirsten 12:10—12:40PM</p> <p><b>CLICK TO JOIN</b></p>

**\*NO POWER YOGA  
MARCH 10**

## VIRTUAL FITNESS TIPS:

- \* Classes are conducted **LIVE** through Zoom & are only available on the scheduled day/time.
- \* You may use your phone, tablet, or any computer to participate. A camera is not necessary!
- \* If using a mobile device, be sure to download the Zoom app before your first class.
- \* Suggested equipment:
  - \* All classes: water bottle (stay hydrated!), towel, and a yoga mat or towel for floor work
  - \* Tone & fit and strength classes: dumbbells or get creative and make your own hand weights from home—water bottles, cans of soup, and books are great options.
- \* Unable to join our live classes? Email [wellnessteam@accgov.com](mailto:wellnessteam@accgov.com) to connect with a Wellness Coach for a personalized at-home fitness plan.

## CLASS DESCRIPTIONS:

<b>POWER YOGA</b>	An intermediate-level yoga class; emphasis is on strengthening, lengthening, & breath-aligned movement.
<b>STRENGTH</b>	A strength training class for the entire body that combines body weight and hand weight exercises.
<b>STRETCH</b>	A relaxing and invigorating class. Alternating active and passive stretch exercises for a full-body stretch.
<b>TABATA</b>	High intensity interval training that utilizes timed intervals of work and rest for various cardio and strength exercises. There are modifications for all fitness levels.
<b>STONE &amp; FIT</b>	Work to complete circuits of strength training & cardiovascular exercises for a total body workout.
<b>YOGA</b>	Gentle yoga with an emphasis on stretching, balance, breath, & form. An ideal class for beginners or seasoned yoga practitioners; truly an all levels class!