

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

- Enerchi Tuesdays, 9:00 AM Diane Adams
- Disco Aerobics and Tuesdays, 10:00AM Diane Adams
Weights
- S.E.A.T. Tuesdays, 11:00AM Diane Adams

- 3 'N1 Wednesdays, 9:00 AM Diane Adams
- Therabad Wednesdays, 10:00AM Diane Adams
- Strength & Balance Wednesdays, 11:00 AM Diane Adams

- "New" Flexibility Thursdays, 9:00 AM Diane Adams
- Strength & Balance Thursdays, 10:00 AM Diane Adams

- Pilates Friday, 11:00AM Sonya Edwards



Cardio Strength Tuesdays, 2:00PM Jennifer Jones

Cardio Tabata Fridays, 9:45 AM Jennifer Jones

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