

JUNE ZOOM DIGITAL FITNESS CLASSES

CHECK OUT THESE FUN AND USER-FRIENDLY
15-30 MINUTE LIVE FITNESS CLASSES FOR ALL AGES

LEAD BY FORT HEALTHCARE INSTRUCTORS

TUESDAYS

JUNE 2-30

6:30AM-7:00AM

INSTRUCTOR: STEPHANIE

\$12.50/SESSION

STEP &
WALKING
CLASS

4:30PM-5:00PM

INSTRUCTOR: TIFFANY

\$12.50/SESSION

CARDIO &
CORE

5:00PM-5:30PM

INSTRUCTOR: ILSE

\$12.50/SESSION

VINYASA
FLOW YOGA

THURSDAYS

JUNE 4-25

6:30AM-7:00AM

INSTRUCTOR: STEPHANIE

\$10.00/SESSION

STRENGTH &
FLEXIBILITY

WEDNESDAYS

JUNE 3-24

4:00PM-4:30PM

INSTRUCTOR: CARRIE

\$10.00/SESSION

YOGA

5:00PM-5:30PM

INSTRUCTOR: TIFFANY

\$10.00/SESSION

BODY
BLAST

FRIDAYS

JUNE 12-26

12:00PM-12:15PM

INSTRUCTOR: TIFFANY

\$5.00/SESSION

MIDDAY
MOVE &
STRETCH

**REGISTER FOR
ALL SESSIONS
OF CLASSES FOR
ONLY \$20!**

TO REGISTER:

1. VISIT [FORTHEALTHCARE.COM/CLASSES](https://forthehealthcare.com/classes); PICK CLASS & REGISTER

2. ZOOM CLASS LINK, ID AND PASSWORD WILL BE EMAILED THE DAY PRIOR TO EACH CLASS

(*MUST BE REGISTERED BY 4PM ON DAY PRIOR)

ZOOM IS ACCESSIBLE VIA A DESKTOP OR LAPTOP (CLICK ON "RUN" BUTTON) OR YOUR
PHONE (DOWNLOAD ZOOM APP)