

AUGUST ZOOM DIGITAL FITNESS CLASSES

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

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

LEAD BY FORT HEALTHCARE INSTRUCTORS

MONDAYS

AUGUST 3-31

3:45PM-4:15PM

INSTRUCTOR: TIFFANY

\$12.50/SESSION

**CARDIO &
ABS**

TUESDAYS

AUGUST 4-25

4:30PM-5:00PM

INSTRUCTOR: TIFFANY

\$10.00/SESSION

**LOWER
BODY**

**VINYASA
FLOW YOGA**

5:00PM-5:30PM

INSTRUCTOR: ILSE

\$10.00/SESSION

WEDNESDAYS

AUGUST 5-26

4:15PM-4:45PM

INSTRUCTOR: TIFFANY

\$10.00/SESSION

**ABSOLUTE
ARMS**

5:00PM-5:30PM

INSTRUCTOR: TIFFANY

\$10.00/SESSION

**BODY
BLAST**

5:30PM-6:00PM

INSTRUCTOR: LIZZIE

\$10.00/SESSION

GET 'N FIT

FRIDAYS

AUGUST 14-28

12:00PM-12:15PM

INSTRUCTOR: TIFFANY

\$5.00/SESSION

**MIDDAY
MOVE &
STRETCH**

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)