

SEPTEMBER 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

**CARDIO &
ABS**

SEPTEMBER 14-28

3:45PM-4:15PM

INSTRUCTOR: TIFFANY

\$7.50/SESSION

WEDNESDAYS

**UPPER
BODY**

SEPTEMBER 2-30

4:15PM-4:45PM

INSTRUCTOR: TIFFANY

\$12.50/SESSION

TUESDAYS

**LOWER
BODY**

SEPTEMBER 1-29

4:30PM-5:00PM

INSTRUCTOR: TIFFANY

\$12.50/SESSION

**BODY
BLAST**

5:00PM-5:30PM

INSTRUCTOR: TIFFANY

\$12.50/SESSION

THURSDAYS

**VINYASA
FLOW YOGA**

5:00PM-5:30PM

INSTRUCTOR: ILSE

\$12.50/SESSION

**STRENGTH &
FLEXIBILITY**

SEPTEMBER 3-24

6:00AM-6:30AM

INSTRUCTOR:

STEPHANIE

\$10.00/SESSION

FRIDAYS

**MIDDAY MOVE
& STRETCH**

SEPTEMBER 4-25

12:00PM-12:15PM

INSTRUCTOR: TIFFANY

\$5.00/SESSION

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)