

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>

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| • Body Works Plus | Mondays, 9:30 AM | Sonya Edwards |
| • Chair Yoga | Mondays, 10:30 AM | Sonya Edwards |
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| • S.E.A.T. | Tuesdays, 9:00 AM | Diane Adams |
| • Block Party | Tuesdays, 10:00AM | Diane Adams |
| • 3 'N 1 | Tuesdays, 11:00AM | Diane Adams |
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| • 3 'N1 | Wednesdays, 9:00 AM | Diane Adams |
| • Therabad | Wednesdays, 10:00AM | Diane Adams |
| • Strength & Balance | Wednesdays, 11:00 AM | Diane Adams |
| • Flexibility | Thursdays, 9:00 AM | Diane Adams |
| • Strength & Balance | Thursdays, 10:00 AM | Diane Adams |
| • Pilates | Friday, 11:00AM | Sonya Edwards |

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| Cardio Strength | Tuesdays, 2:00PM | Jennifer Jones |
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| Cardio Tabata | Fridays, 9:45 AM | Jennifer Jones |
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Zoom Link: <https://us02web.zoom.us/j/87229537257>