



**Vibrant Living**  
 Fitness Centre  
 Work us in... We'll work you out

## Live Stream Class Schedule

Class Times	Monday Sept 14	Tuesday Sept 15	Wednesday Sept 16	Thursday Sept 17	Friday Sept 18
10:30 am to 10:45 am	Stretch Break	Yoga Break 	Stretch Break	Yoga Break 	Stretch Break
12:00 noon To 12:30 pm	Power Muscle / Cardio Intervals (Light to medium loads)	<b>Body Core Glide/Ultimate Abdominals</b> (15 minutes of Glide work and 15 minutes of Abdominal work. Two face clothes and a mat needed.)	SLL Strong/Long/Lean 	<b>Lower &amp; Upper Body Muscle Training &amp; Abdominals</b> (Heavy loads, large detergent jugs, etc., mat)	<b>Cardio Spurts</b> (30 sec work/10 sec recovery) 
3:10 pm			<b>Pop Up - Surprise 15 mins (3:10 pm)</b>	 or 	
3:30 pm To 3:45 pm	Yoga Break  	Stretch Break 	Yoga Break  Enjoy! 😊	Stretch Break 	<b>Week of Sept 14<sup>th</sup> to Sept 18<sup>th</sup>, 2020</b> 