



Virtual Class Schedule

Mondays (Evening)

Piyoga by Fitnace (New-effective February 8, 2021)

Piyoga by Fitnace is a blend of Yoga and Pilates (6:00 p.m. – 6:50 p.m.)

Description – Breathing, Relaxation and Meditation Practices Blended with Poses Essential for Shaping and Toning and Core Strength; Improved Flexibility and Balance; Strength Training for Building Muscle and Improved Body Image

Zumba 6:55 p.m. – 7:35 p.m.

Description – Dance Fitness Class that Combines Choreographed Moves to Latin, International, Hip Hop and R&B music

Line Dance 7:40 p.m. – 8:20 p.m.

Description - Choreographed Dance with a Repeated Sequence of Moves in which steps are executed at the same time

Tuesdays (Mid-Day Chair Exercises) – NEW and offered for a limited time

Cardio Moves, Strength and/or Toning 12:00 a.m. – 12:40 p.m.

Description – Exercises including Cardio, Strength and/or Toning to Various Genres Using a Chair

Thursdays (Evening)

Cardio Moves and Strength or Toning 6:00 – 7:00 p.m.

Description - Blend of Cardio Moves, Strength, and Toning

Saturdays Mornings (same as Monday Evenings)

Piyoga by Fitnace 8:00 a.m. – 8:50 a.m.

Zumba Toning 8:55 a.m. – 9:35 a.m.* (with toning sticks or weights)

Line Dance 9:40 a.m – 10:20 a.m.

COST \$8.00/per class

Inquire About Discounts for Advance Payment and/or Multiple classes.

For More Information, Contact Daphne Hicks

410-491-8976/fitnace@comcast.net/fitnacehealthandwellness.com

*****Inquire about fundraising opportunities for your organization*****

Fitness. Dance. Fun.