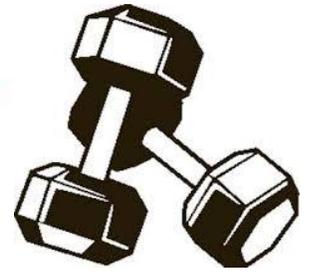


LiveLifeWell
Employee Wellness: Caring for ourselves.



| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|--|--|---|---|--|----------|
| |  Silver Sneakers 9am-Kendall |  Silver Sneakers & Yoga 9am- Michelle | Sit and Fit 9am- Shahane |  Silver Sneakers 9am-Kendall | |
| Tai Chi 10am- Becky | | | | | |
| SpinCamp 12:20pm- Kendall | Core and More 12:20pm-Kendall | Mini Bootcamp 12:20- Michelle | Yoga 12:20 PM- Kendall | Mini Bootcamp 12:20- Kendall | |
|  5:30pm- Tim C  Class of the month! | Total Toning 5:15 PM - Shahane | | Total Toning 5:15 PM - Shahane | Spin 4:30pm-Kendall | |
| | | Pound! 4:30pm Kari | | | |
| Classes are FREE to employees and spouses/partners and children in the home over 14yo! Punch card options available for community. | | | All classes are open to all levels of fitness and experience. Beginners are always welcome! | | |
| Questions? Email livelifewell@conehealth.com or call 336.586.3562 | | | | | |

| Class Descriptions |
|---|
| <p>Pound: Using Ripstix®, lightly weighted drumsticks engineered specifically for exercising, POUND® transforms drumming into an incredibly effective way of working out. Designed for all fitness levels, POUND® provides the perfect atmosphere for letting loose, getting energized, toning up and rockin' out! The workout is easily modifiable and the alternative vibe and welcoming philosophy appeals to men and women of all ages and abilities.</p> <p style="text-align: right;">Total</p> <p>Toning: A total body workout using weights and barbells to make sure you get a great workout and want to come back for more!</p> <p>MINI BootCamp/SpinCamp!: A quick circuit of strength and cardio aimed to boost metabolism and get you up and energized!</p> <p>Zumba!: Are you ready to party yourself into shape? That's exactly what the Zumba® program is all about. It's an exhilarating, effective, easy-to-follow, Latin-inspired, calorie-burning dance fitness-party™ that's moving millions of people toward joy and health!</p> <p>Silver Sneakers Classic ®: A mixture of chair aerobics, strength, and flexibility. A great low impact option for everyone!</p> <p>Silver Sneakers & Yoga: A 45 minute mixture of chair aerobics, strength, and flexibility. A great low impact option for everyone! The last 15 minutes of class will move your whole body through a complete series of seated and standing yoga poses. A chair will be provided for assistance to safely perform the exercises.</p> <p>Spin: This 30 minute indoor cycling provides a fun and challenging cardiovascular workout for all ages and fitness levels. This class is designed to provide you with the optimum in fat burning and strength building. This is also the ultimate calorie killer!</p> <p>Tai Chi for Arthritis & Fall Prevention: Tai Chi incorporates movement control, weight transferring, and integration of mind and body to strengthen muscles, improve mobility, coordination, and balance</p> <p>Silver & Fit/Sit and Fit: is designed for older adults looking for a moderate level, well balanced exercise routine.</p> |



