

FREE



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St. Coletta of Greater Washington

## Live Virtual Fitness Classes for Staff



### July 2021

All classes will be recorded and available for one week at  
<https://www.stcoletta.org/wellness/>

<b>Monday</b> <b>4:00 – 4:45 PM</b> <a href="https://us04web.zoom.us/j/417103759?pwd=K0ZOUFBmSi9QRkdzam8yZVFQbldLUT09">https://us04web.zoom.us/j/417103759?pwd=K0ZOUFBmSi9QRkdzam8yZVFQbldLUT09</a>	<b>Tuesday</b> <b>4:00 – 5:00 PM</b> <a href="http://betsypoos.com/stcoletta">http://betsypoos.com/stcoletta</a>	<b>Wednesday</b> <b>4:00 – 4:45 PM</b> <a href="https://us04web.zoom.us/j/417103759?pwd=K0ZOUFBmSi9QRkdzam8yZVFQbldLUT09">https://us04web.zoom.us/j/417103759?pwd=K0ZOUFBmSi9QRkdzam8yZVFQbldLUT09</a>	<b>Thursday</b> <b>4:00 – 4:45 PM</b> <a href="https://us02web.zoom.us/j/3211236731?pwd=RXJOUUnF3WGxhekplCnpx-aS83SXNhUT09">https://us02web.zoom.us/j/3211236731?pwd=RXJOUUnF3WGxhekplCnpx-aS83SXNhUT09</a>
5 No Class	6 <b>Yoga</b> with Tuesday	7 <b>Cardio Kickboxing</b> with Michele	8 <b>Barre</b> with Kareemah
12 <b>Tabata</b> with Kareemah	13 <b>Yoga</b> with Tuesday	14 <b>Core, Floor, and More</b> with Michele	15 <b>Zumba</b> with Kareemah
19 <b>Total Body Dumbbells</b> With Michele	20 <b>Yoga</b> with Betsy	21 <b>Cardioblast</b> with Michele	22 <b>Barre</b> with Kareemah
26 <b>Awesome Arms</b> with Michele	27 <b>Yoga</b> with Betsy	28 <b>Foam Rolling</b> with Michele	29 <b>Strong Nation</b> with Kareemah

There is no commitment necessary.  
 Come to as many classes that interest you.

**ALL FITNESS LEVELS ARE WELCOME!**