

COREEN WOZNIAK'S BALANCED FITNESS LLC

September 14th- October 3rd 2020 Virtual & Outdoor Classes

PLEASE NOTE: ALL outdoor classes at Alden Community Church are based on weather conditions, six-foot social distancing & other guidelines.

Follow us on Facebook or check out our website www.BalFitness.com

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
New Time 6:00 am- 6:50 am		ZOOM ONLY Bootcamp/Tabata w/Coreen Multi-Level Class			ZOOM ONLY Bootcamp/Tabata w/Coreen Multi-Level Class	
New Class 6:00 am- 6:30 am			ZOOM ONLY HIIT Strength w/ Coreen			
7:30 am- 8:30 am	ZOOM ONLY Bootcamp/Tabata w/ Coreen Multi-Level Class		OUTDOOR & ZOOM Bootcamp/Tabata w/ Coreen Multi-Level Class			
8:00 am- 9:00 am						ZOOM ONLY Sculpt w/Rachel Multi-Level Class
9:00 am- 9:30 am	ZOOM ONLY Silver Sneakers					
11:30 am- 12:30 pm				ZOOM ONLY Gentle Yoga w/ Josselyn Multi-Level Class		
5:45 pm- 6:45 pm	OUTDOOR & ZOOM Bootcamp Tabata w/ Coreen Multi-Level Class			OUTDOOR & ZOOM Bootcamp Tabata w/ Coreen Multi-Level Class		
6:00 pm – 7:00 pm		OUTDOOR & ZOOM NEW! Piyo/Sculpt w/Rachel Multi-Level Class	ZOOM ONLY Hatha Yoga w/Monica Multi-Level Class			
7:00 pm- 8:00 pm	OUTDOOR & ZOOM Yoga w/ Monica Multi-Level Class			OUTDOOR & ZOOM Yoga w/ Mary Ellen Multi-Level Class		