

Get Movin'

with

Balanced You



Fall 2026 Schedule

Movement and physical activity are proven to have a positive impact on mental health. These movement breaks and live weekly fitness classes are free and virtual so you can tap in from anywhere and benefit from the instruction of a certified trainer. Register at the QR code below.



Get Movin' Session	Date	Time
Back Management	October 14	12:30 to 1 p.m.
Stretching	October 21	12:30 to 1 p.m.
Cardio Core	November 4	12:30 to 1 p.m.
Hip Maintenance	November 18	12:30 to 1 p.m.
Stress Management	December 2	12:30 to 1 p.m.
Energize	December 16	12:30 to 1 p.m.

Weekly Fitness Classes	Date	Time
Cardio Boxing	Mondays	5 to 5:50 p.m.
Yoga	Tues. and Thur.	5 to 5:50 p.m.
Barre Fusion	Wednesdays	5 to 5:50 p.m.

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