Get Movin'

with

Balanced You



Winter 2027 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
Hip Maintenance	January 20	12:30 to 1 p.m.
Cardio	February 3	12:30 to 1 p.m.
Barre	February 17	12:30 to 1 p.m.
Stretching	March 3	12:30 to 1 p.m.
Guided Meditation & Breathing	March 17	12:30 to 1 p.m.
Core Strength	March 31	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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LIVE HEALTHY & SAFE