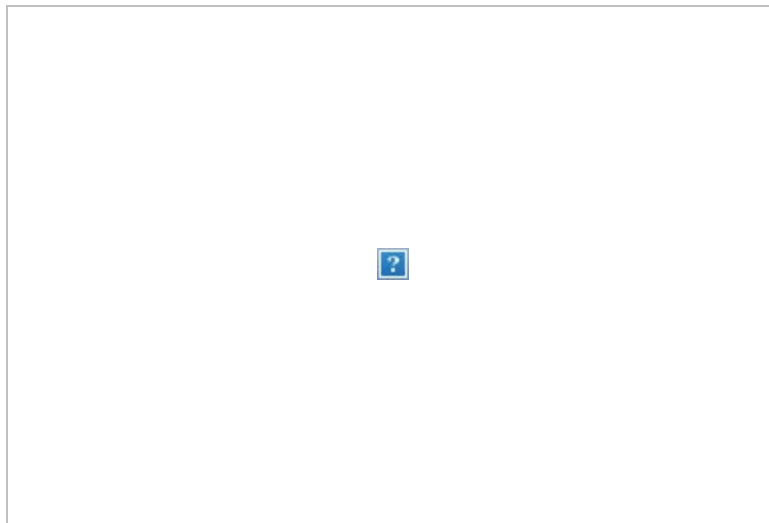


From: [Hillary Hurlbutt](#)
To: [All City Staff](#)
Subject: SPRING Virtual Exercise Classes- \$3.50 per class or less!
Attachments: [pastedImagebase641.png](#)
[pastedImagebase642.png](#)
[pastedImagebase643.png](#)
[image.png](#)
[Program Fee and Waiver Form SPRING VIRTUAL 2021.pdf](#)
[Program Fee Form SPRING VIRTUAL 2021.docx](#)

LiveWell's 2021 Virtual SPRING Exercise Classes

Get ready. Get set. SPRING into action!



This spring, combine your favorite outdoor exercises with the reliability, support, and flexibility of virtual circuit training and/or yoga a few times a week. You'll have a well-rounded exercise routine to help you build muscle, improve cardio health, flexibility, mobility, strength, and your mental health.

Sign-up today for as many classes as you want!

April 1-June 30

New to virtual fitness? Here are some reasons why employees love LiveWell's exercise classes. You can:

- Signup for as many classes as you want
- Log-in from home, work- anywhere

- Increase your physical strength, flexibility, and overall fitness
- Improve your mental health
- Get instructor guidance for proper form and support
- Participate on-demand (circuit training class only)
- Give yourself accountability to stick to your fitness goals
- Pay reduced rates

Please reach out if you have any questions.



VIRTUAL Yoga Flow, with Certified Instructor Anna Pigotti- starts April 2

Tuesdays from 12-12:45 p.m.

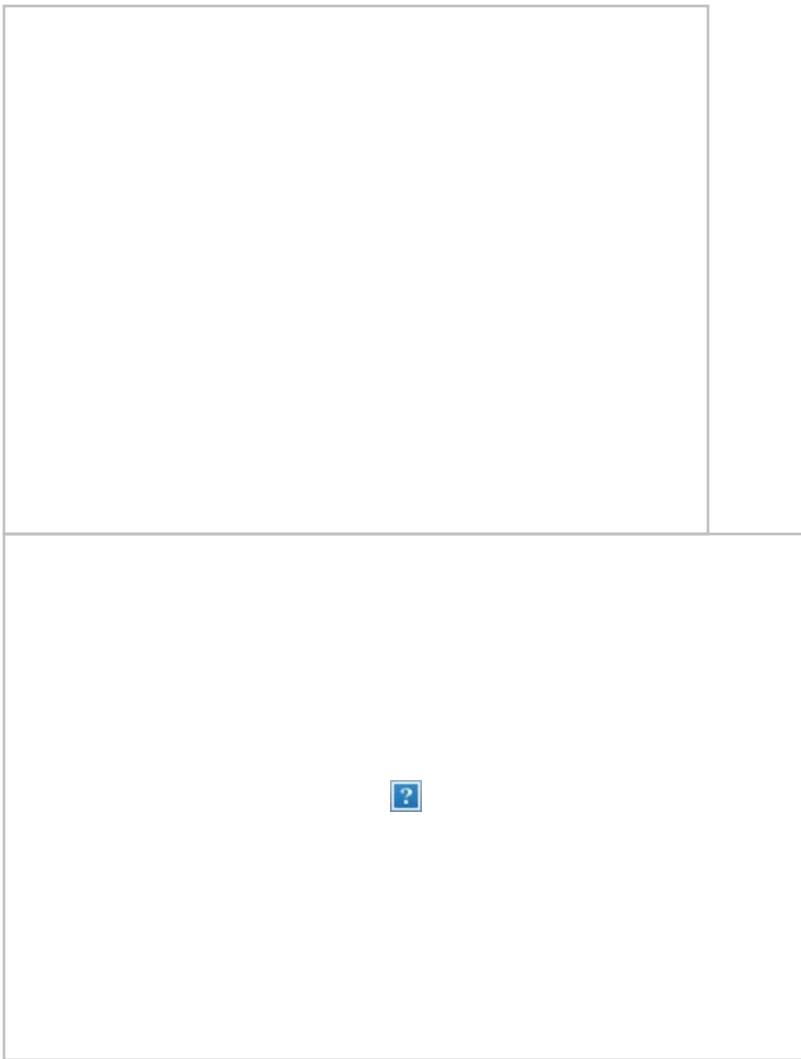
Fridays from 11-11:45 a.m.

(no class April 2, May 7, June 4, 11)

Log-in wherever you are to join Anna and the group for a virtual yoga class. Experience gentle movement, breathing techniques, and relaxation to help manage stress and increase energy.

To participate safely at home, please make sure you have a clear, flat surface. Equipment: yoga mat recommended.

- 22 classes total
- \$3 per class
- Payment: fill out the attached payroll deduction form and return to me.



VIRTUAL Circuit Training, with Certified Instructor Jeff Parker- starts April 1

Mondays, Wednesdays, and Thursdays, 12 p.m. - 12:50 p.m.

(No class April 7, 8, 14, 15, May 31, and June 21)

Class recording available as well if you can't make these times.

Expect a mixture of cardio, mat, and weight-bearing exercises for a full-body workout. Jeff specializes in keeping the class engaging, enjoyable, and challenging for everyone!

To participate safely at home, please make sure you have a clear, flat surface, at least 49 square feet (7ft X 7ft) and wear the appropriate athletic shoes. Equipment needed: an exercise mat and 2-3 hand weights of various weights (2, 3, 5, 8, or 10 pounds, depending on your fitness level).

- 35 classes total
- \$3.50 per class
- Payment: fill out the attached payroll deduction form and return to me.

***To sign-up, fill out and email me the attached payment form and waiver form. Please save the name of the form as: Program Fee Form SPRING Virtual 2021 Your Name. Currently accepting the payroll deduction payment option only. I will send out the links for the virtual classes on the day of class to those who register.**