

## EEX Pre-Senior Schedule

### Week of April 6<sup>th</sup> and beyond.....

We are excited to offer these 'live' group practices to keep our bodies, minds, and community strong.

#### Mondays

25-35 Minutes = Strong Cardio – solo, you choose time of day. Running preferred.

5:15-6:30pm = Yoga, Flexibility & Breathing w/ Corey – video w/ group, find a quiet place

#### Tuesdays

35-45 Minutes = Light / Mix Cardio – solo, you choose time of day, Bike / Jump Rope, preferred

4:00-5:00pm = Land Mix w/ Sarah – video w/ group, have space to move around

#### Wednesdays

15-20 Minutes = Challenge Cardio Run *for time*. 1.5 OR 2 Mile Distance. gauge weekly progress

5:15-6:30pm = Yoga, Flexibility & Breathing w/ Corey – video w/ group, find a quiet place

#### Thursdays

35-45 Minutes = Light / Mix Cardio – solo, you choose time of day, Bike / Jump Rope, preferred

4:00-5:00pm = Land Mix w/ Sarah – video w/ group, have space to move around

#### Fridays

35-45 Minutes = OPTIONAL choice cardio mix. Depends on age and fatigue level for the week.

5:15-6:30pm = Land / GAMES w/ Sarah – video w/ group, have space to move around

#### Saturdays

10:45-Noon = Yoga, Flexibility & Breathing w/ Corey – video w/ group

#### Sundays

DAY OFF