

EEX Senior Schedule

Week of April 6th and beyond.....

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

Mondays

30-45 Minutes = Strong Cardio – solo, you choose time of day. Running preferred.

4:00-5:00pm = Strength w/ Roger – video w/ group, have your 'equipment' ready

Tuesdays

45-60 Minutes = Light / Mix Cardio – solo, you choose time of day, Bike / Jump Rope, preferred

5:00-6:30pm = Yoga, Flexibility & Breathing w/ Corey – video w/ group, find a quiet place

Wednesdays

15-20 Minutes = Challenge Cardio Run *for time*. 5K OR 2 Miles. gauge weekly progress

4:00-5:00pm = Strength w/ Roger – video w/ group, have your 'equipment' ready

Thursdays

30-45 Minutes = Light / Mix Cardio – solo, you choose time of day, Bike / Jump Rope, preferred

5:00-6:30pm = Yoga, Flexibility & Breathing w/ Corey – video w/ group, find a quiet place

Fridays

30-45 Minutes = Moderate Cardio – solo, you choose time of day. Running preferred.

4:00-5:00pm = Strength w/ Roger – video w/ group, have your 'equipment' ready

Saturdays

9:30-10:45am = Mix w/ Sarah – video w/ group

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

Sundays

DAY OFF