

# Free Weekly Workouts from the SelectHealth FitZone and Intermountain LiVe Well Centers

## INSTRUCTIONS FOR ACCESSING CLASSES

1. Please use this link to test Webex on your device: <https://www.webex.com/test-meeting.html/#>
2. Click on the class name to join. If needed, input the class password listed below the class name.

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MORNING	9:00 to 9:30 AM <a href="#">Yoga with Dawn</a> (427475)	9:00 to 9:30 AM <a href="#">Yoga with Dawn</a> (427475)	9:00 to 9:30 AM <a href="#">Yoga with Dawn</a> (427475)  10:00 to 10:10 AM <a href="#">10 Minute Stretch</a>	9:00 to 9:30 AM <a href="#">Yoga with Dawn</a> (427475)	10:00 to 10:30 AM <a href="#">Mindful Movement with Chanda</a>
LUNCH		12:00 to 12:10 PM <a href="#">10 Minute Move</a>		11:30 to 12:00 PM <a href="#">Zumba™ with Atenea</a> (368800)	
AFTERNOON & EVENING	2:00 to 2:15 PM <a href="#">A Mindful Moment with Liz</a>	5:00 to 5:30 PM <a href="#">Yoga with Dawn</a> (427475)  6:00 to 6:30 PM <a href="#">Zumba™ with Atenea</a> (368800)	4:30 to 5:00 PM <a href="#">Gentle Fitness with Cami</a>	3:00 to 3:10 PM <a href="#">10 Minute Mindfulness</a>  5:00 to 5:30 PM <a href="#">Yoga with Dawn</a> (427475)	

## CLASS DESCRIPTIONS

### Gentle Fitness

A low-impact, low-intensity class designed to increase mobility, balance, strength and coordination.

### Mindful Movement

Gentle movements allow you to meet your body where it is, check in and see how you're doing each moment. Can be done from a chair.

### Mindfulness

Each practice will be dedicated to inspiring calm utilizing various stress reduction techniques.

### Move

Just what it sounds like, we'll get up and move! Follow along or do your own thing.

### Stretch

Counteract the negative effects of sitting with targeted flexibility and mobility movements.

### Yoga

Create physical and mental balance with poses to improve strength and flexibility.

### Zumba™

Simple moves from traditional Latin dances with high-intensity, motivational music.