



WINTER A 2021 Faculty/Staff VIRTUAL GROUP FITNESS

FIRST WEEK IS FREE!!!

Jan 11th - Feb 19th

All profits donated to EMU Swoop's Pantry

Stable N' Strong (\$40/6 weeks: Zoom) - Starts week of 1/11 Tuesday/Thursday 8:00-8:50

This class is designed as a comprehensive and challenging workout for novice to advanced participants. The focus is on taking participants through a hybrid training session to improve functional movement (seven basic human movements). The instructor will incorporate fun and active dynamic movements, static stretching and breathing exercises utilizing household items to create a more balanced approach to health. The goal is for participants to view health and exercise holistically and learn to move their bodies in a way that is natural and restorative.

Free Zoom Link Here: [Join Zoom Meeting](#)

20/20/10 (\$40/6 weeks: Zoom) - Starts week of 1/11 Monday/Wednesday 4:00-4:50

Eric's 20/20/10 class focuses on several aspects of fitness all within a 50 minute session. The format is divided into 20 minutes of cardio, 20 minutes of strength training, and 10 minutes of stretching. The class is designed to provide participants a constantly changing intensity and will allow you to burn calories while making sure that your weight lifting and mobility goals are reached. Each class will be structured to accommodate all fitness levels by offering modifications to exercises and the pace of the class.

Free Zoom Link Here: [Join Zoom Meeting](#)

INSTRUCTIONS TO RESERVE YOUR SPOT IN WINTER A CLASSES

Please contact Kristi Teasdale at kteasdale@emich.edu if you have any questions.

****During the 2020 Winter semester a Rec/IM membership is not required for participation.**