










All HSL Virtual Fitness Class Schedule: Weekly Programming

	Mondays	Tuesdays	Wednesdays	Thursdays	Fridays
8:30 – 8:50	Healthy Habit Challenges held the second week of each month	Mindfulness For Everyone Virtual		Mindfulness For Everyone Virtual	
	Challenges are based the physical and emotional needs of our employees and take place on Virgin Pulse				
11:00-11:30					
11:30 – 12:00			All Levels Yoga Flow With Gabriella Virtual		
12:00 – 12:30		All Levels Strength & Conditioning With Dawn Virtual		All Levels Strength & Conditioning With Dawn Virtual	
12:30-12:45					
1:00-1:30			Health and Wellness Seminars Description on the left Virtual	Rotating Fitness Class Description on the left Virtual	
5:15-6:15	All Levels Yoga Flow With Hallie Virtual	Zumba With Hannah Virtual	All Levels Yoga Flow With Kat Virtual	Zumba With Hannah Virtual	

Health and Wellness Seminars

These weekly seminars focus on a holistic look at health to help you stay physically and mentally resilient.

Rotating Fitness Class

Try something new or enjoy a form of exercise you already love thanks to our rotating fitness classes. Classes include Barre, Tai Chi, yoga sculpt, yoga for alignment, learn to run, and more!