



BULLETIN

September 1, 2021

Upcoming Virtual Events: Fitness Fridays

Fitness Fridays is back! Join us for virtual fitness classes each Friday, beginning September 10 until December 17. Classes are 35-minutes long and will be offered at noon Eastern and Pacific times.

Click on the Register link to read more about each class and choose one or more to attend throughout the year.



Total Body Conditioning

[Register: Noon ET](#)

[Register: Noon PT](#)



Yoga

[Register: Noon ET](#)

[Register: Noon PT](#)



Core & More

[Register: Noon ET](#)

[Register: Noon PT](#)



Stretch & Flex

[Register: Noon ET](#)

[Register: Noon PT](#)

For further inquiries, email thequad@quadreal.com