

Zoom Links:

Mindfulness/LIV Strength/LIV Fit:

<https://us02web.zoom.us/my/optimalbylivnorth>

All Other Classes:

<https://zoom.us/j/2694081227>

July LIVE CLASS SCHEDULE

M

5

MINDFULNESS@
8:30AM W/ PAUL

BODYBLASTER @
12:00PM W/ JACKI

12

MINDFULNESS @
8:30AM W/ PAUL

BODYBLASTER @
12:00PM W/ JACKI

19

MINDFULNESS @
8:30AM W/ PAUL

BODYBLASTER @
12:00PM W/ JACKI

26

MINDFULNESS @
8:30AM W/ PAUL

BODYBLASTER @
12:00PM W/ JACKI

T

6

MINDFULNESS@
6:30AM W/LINDSEY

LIV STRENGTH @
10:00AM W/ DEB
BARRE @ 4:15PM W/
ALISON

13

MINDFULNESS@
6:30AM W/LINDSEY

LIV STRENGTH @
10:00AM W/ DEB
BARRE @ 4:15PM W/
ALISON

20

MINDFULNESS@
6:30AM W/LINDSEY

LIV STRENGTH @
10:00AM W/ DEB
BARRE @ 4:15PM W/
ALISON

27

MINDFULNESS@
6:30AM W/LINDSEY

LIV STRENGTH @
10:00AM W/ DEB
BARRE @ 4:15PM W/
ALISON

W

7

MINDFULNESS @
8:30AM W/ PAUL

HIIT @ 12:00PM W/
JACKI

14

MINDFULNESS @
8:30AM W/ PAUL

HIIT @ 12:00PM W/
JACKI

21

MINDFULNESS @
8:30AM W/ PAUL

HIIT @ 12:00PM W/
JACKI

28

MINDFULNESS @
8:30AM W/ PAUL

HIIT @ 12:00PM W/
JACKI

T

8

MINDFULNESS@
6:30AM W/LINDSEY
LIV FIT@ 10:00AM W/
FAMOUS

CIRCUIT @4:15 PM
W/ BRADEN

15

MINDFULNESS@
6:30AM W/LINDSEY
LIV FIT@ 10:00AM W/
FAMOUS

CIRCUIT @ 4:15 PM
W/ BRADEN

22

MINDFULNESS@
6:30AM W/LINDSEY
LIV FIT@ 10:00AM W/
FAMOUS

CIRCUIT @ 4:15 PM
W/ BRADEN

29

MINDFULNESS@
6:30AM W/LINDSEY
LIV FIT@ 10:00AM W/
FAMOUS

CIRCUIT @ 4:15 PM
W/ BRADEN

F

9

TGIF @ 12:00PM W/
JACKI

16

TGIF @ 12:00PM W/
JACKI

23

TGIF @ 12:00PM W/
JACKI

30

TGIF @ 12:00PM W/
JACKI

Class Descriptions

BodyBlaster Bootcamp: Start your week off strong with a full body workout, focusing on strength, endurance and power.

HIIT: High Intensity Interval Training - take your workout to another level with this quick paced, upbeat and heart pumping workout!

TGIF: Thank goodness it's Friday! Shake out the weeks aches and pains with this action packed workout.

Afterwork Circuit: Stand up and shake out those legs after a long day. You'll get a full body workout in this class!

Mindfulness: Start your day off right with a few minutes of mindfulness and intention. These sessions do not require any space, just a comfortable space to sit. Headphones are recommended.

YogaMed: Get out of your mind and into your body as you relax into the flow of the class.

Barre: A full body workout that challenges strength, balance, core stability and endurance through barre techniques.

****Equipment Needed for these classes is all accessible in your home.**

Yoga mat (or comfy rug)

Dumbbells / Weights (or a bag/backpack filled with books / canned goods)

Wall Space & Floor Space

Inclined Surface (table, desk or bench)