

# June Fitness Is Here!



Join The Everett Health & Wellness Center for our June Adult & Youth Virtual classes.

All your favorite classes are still available, but with the new & exciting twist!!

Each morning, we will post the link to the daily adult & Kids online classes. Most classes will no longer be a live ZOOM class, but a pre- recorded class. This means you can access the link to your favorite class videos, at ANYTIME. You can plan your fitness needs around YOUR schedule. You can take whatever class you want & as many times as you want!

These fun classes begin Monday, June 1<sup>st</sup>!

All you have to do is jump on our Facebook <https://www.facebook.com/EverettFitness>

or Our Instagram Page ( EVERETTCHWC) & click the link to each class!!

**Adult Zumba & Adult Yoga will remain live!**

<u>Sunday</u>	<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>	<u>Saturday</u>
KidFit With Keri	Adult Barre With Lexi	HIIT With Keri	HIIT With Lexi	Body Blast With Kahlea	<b>LIVE CLASS:</b> Adult Yoga With Jacqui Meeting ID #391 835 9180	Rock Bottom With Lucy
<b>LIVE CLASS:</b> Adult Zumba With Lauren Meeting ID #683 496 3720	Youth Soccer Conditioning With Coach John	Toddler Play With Natalia	Kids Yoga With Jacqui	Kids Art Class With Elisabeth	Kids Yoga With Jacqui	Youth Soccer Conditioning With Coach John
	Strong With Tanya	Step It Up With Kahlea	<b>LIVE CLASS:</b> Adult Yoga With Jacqui Meeting ID # 391 835 9180	Top It Off With Keri	Core & More With Lucy	Strong With Tanya