

Sheila Hamilton Movement Garden Virtual Schedule Dec 5, 2020

Red = Starting Out Green = All Levels Orange = A Notch Up

Register for classes using MindBody on your phone app or browser, or use the direct links. Sign in 5-10 minutes before class please.

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6 a.m.	00						
	15						
	30						
	45						
7 a.m.	00	VIRTUAL STRONGER TOGETHER Lyndsay			VIRTUAL STRONGER TOGETHER Lyndsay		
	15						
	30						
	45						
8 a.m.	00	VIRTUAL BODYWEIGHT Lyndsay		VIRTUAL GLUTE LAB Sheila		VIRTUAL BODYWEIGHT Lyndsay	
	15						
	30						
	45						
9 a.m.	00						
	15	VIRTUAL KETTLEBELL CONDITIONING Lyndsay	VIRTUAL LIFT, SWEAT, SMILE REPEAT Sheila	VIRTUAL SWEAT SESH Sheila	VIRTUAL BACK TO BASICS Lyndsay	VIRTUAL KETTLEBELL CONDITIONING Sheila	VIRTUAL GLUTE LAB Sheila
	30						
	45						
00							
10 a.m.	00						
	15						
	30	VIRTUAL BACKSTRONG Lyndsay	VIRTUAL STRETCH & CORE Sheila	VIRTUAL BACKSTRONG Sheila	VIRTUAL STRETCH & CORE Lyndsay	VIRTUAL BACKSTRONG Sheila	VIRTUAL STRETCH & CORE Sheila
45							
00							
11 a.m.	00						
	15						
	30						
12 p.m.	00						
	15						
	30						
	45						
1 p.m.	00						
	15						
	30						
	45						
2 p.m.	00						
	15						
	30						
	45						
3 p.m.	00						
	15						
	30						
	45						
4 p.m.	00						
	15						
	30		VIRTUAL TOTAL BODY TRAINING Lyndsay				
	45						
00							
15							
5 p.m.	00			VIRTUAL STRONGER TOGETHER Lyndsay			
	15						
	30						
6 P.M.	00						
	15						
	30						
	45						

Group Skill Levels

Red Starting Out

Everybody is welcome and best for anyone overcoming pain or injury, or new to fitness.

All Levels

For anyone with no current acute pain or injury that would prevent them from performing exercise. Has an understanding of basic movements (planks, deadlift, squat).

Pick It Up a Notch

No current pain or injury. Has familiarity with basic skills and has a capacity to work at a moderate intensity when required or modify to suit your fitness level.