Virtual Fitness

Gentle Yoga Moves

Mondays **8:30–9:30 am**
September 7–November 16

Experience the benefits of increased balance, flexibility, and muscle strength. Gentle Yoga combines simple breathing exercises with stretches and yoga postures (asanas), that can be done seated, standing, or on the floor, with modifications as needed. Class ends with a guided deep relaxation experience.

Power and Balance Total Body Circuits

Tuesdays **9:30–10:30 am**
September 8–November 10

Build strength, improve balance, and boost cardiovascular fitness with this total-body workout. Timed exercises blend resistance training, core work, balance challenges, and low-impact cardio. A sturdy chair is recommended; light to medium dumbbells are optional, and modifications are offered for all fitness levels.

Watch Anytime, Anywhere, New On-Demand Videos!

Explore our collection of on-demand videos—featuring guided meditations, energizing fitness classes, and educational webinars.

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Tai Chi for Wellness

Fridays **9:30–10:30 am**
September 11–November 13

Join us for an introduction to Tai Chi! Described as “meditation in motion,” the benefits of Tai Chi can include improved balance, flexibility, fall prevention, and muscle strength.

Stretch & Strengthen

Thursdays **10–11 am**
September 17–November 19

Move through timed strengthening exercises at your own pace, with stretches too, for a complete workout! Weights will be used but are optional. Cardio is incorporated but is at your own pace.

Happy Hips

Thursdays **12–12:30 pm**
September 17–November 19

Make your hips happy with stretching and strengthening exercises in standing and seated positions. This is a great option for people looking to increase hip strength and mobility or stretch out during the day.

MVP® HEALTH CARE