



ALL VIRTUAL CLASSES (ZOOM)  
RECORDINGS WITH ALL CLASSES

# Inward Office



INWARD OFFICE  
REGISTRATION APP

[WWW.INWARDOFFICE.COM/MOVE](http://WWW.INWARDOFFICE.COM/MOVE)

## MONDAY

7:00AM Mobility (pre-recorded 30min)  
12:00PM Mindful chair yoga break (20min)  
5:00PM Yoga for Strength (60min)  
5:30PM Pilates (45min)

## TUESDAY

7:30AM Core + Yoga (30min)  
4:45PM Tone/Stretch (45min)  
6:00PM Zumba (30min)

## WEDNESDAY

7:30AM Barre Flow (30min)  
12:00PM Meditation (30min)  
5:00PM Yoga for Healthy Aging and Joints (50min)

## THURSDAY

7:00AM Core Strength (30min)  
7:35AM Sculpt (30min)  
12:00PM Slow Flow Yoga (45min)  
5:30PM Yoga for the Lower Back (45min)

## FRIDAY

12:00PM Mixed Levels Yoga (30min)  
3:00PM Mind/Body tools (pre-recorded 20mins)

## WEEKENDS

Recordings available for the week between classes (ie. Tuesday recordings expire Monday night)

## WHY I EXERCISE:

## HEALTH GOALS

- 1.
- 2.
- 3.