



LiveLifeWell

Employee Wellness: Caring for ourselves.

Green Valley Group Exercise Schedule

719 Green Valley Road, Greensboro, NC

Group Exercise is located on the first floor. All classes have a hybrid option (virtual and in-person).

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					<u>Full Body Blast with Joni</u> 6:30 AM	<u>Zumba with Yzetta</u> 8 AM
	<u>Zumba with Yzetta</u> 5:30 PM	<u>Zumba with Yzetta</u> 5:30 PM	<u>Total Toning with Gerald</u> 5:30 PM	<u>Zumba Core with Yzetta</u> 5:30 PM		

All classes are 45 minutes except those highlighted in yellow.