

## ***Virtual Workouts with Isabel, June 1-30, 2020***

**Drop In Rate: \$15 per class. 10Classes/\$100. Unlimited Class Pass/\$120.**

**Privates available upon request.**

**Payments: Venmo App: @Isabel-Schaefer-1 OR Mail Check(text for address)**

### **TUESDAY:**

8:15am Spin (45 minutes)  
9:30am Pilates Mat (55 minutes)  
5:30pm Total Body Strength (55 minutes)  
Build overall strength, by focusing on form and function working with Dumbells and Bodyweight.

### **WEDNESDAY:**

9:30am Total Body Strength (55 minutes)  
5:30pm PilatesStretch (55 minutes)

### **THURSDAY:**

8:15am Spin (45 minutes)  
9:30am Flex & Flow (55 minutes)  
Bodyweight movement with Pilates & Yoga Fusion. This workout will help improve breathing and balance, as well as strengthen and lengthen muscles.  
5:30pm Flex & Flow (55 minutes)

### **SATURDAY:**

8:30am Spin (45 minutes)  
9:45am Strength & Stretch (75 minutes)  
This full body workout combines bodyweight strength movements and low impact cardio exercises performed with minimal equipment. This workout delivers strength, endurance and flexibility.

**You will receive a Zoom invite via email or text approximately 24 hours prior to class time. Please confirm OR cancel your class attendance 24 hours before class time. If I have not confirmed at least 2 people per class, I will have to cancel the class. Schedule is subject to change based on demand.**

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