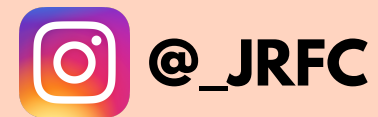



JRFC VIRTUAL WELLNESS SCHEDULE

Follow us on Instagram! Our virtual wellness programs will be LIVE each week. We will also be posting daily workouts, wellness tips, and challenges!



	MON	TUE	WED	THU	FRI
	10am: Yoga with Brian	 10am: Yoga with Brian	10am: Yoga with Brian	 10am: Yoga with Brian	10am: Yoga with Brian
	 Ask the Trainer with Jillian	Ask the Trainer with Jillian		10:30am: HIIT with Jillian	
	Ask the Dietitian with Kristina	 Ask the Dietitian with Kristina	1pm: Core with Ange	2pm: Mobility with Ange	1pm: Meditation with Ange
	 3pm: Pilates with Timaree	3pm: Pilates with Timaree	4:30pm: Pilates with Timaree	4pm: Abs with Daria	4pm: Tabata with Daria

"LEAVE ALL THE AFTERNOON FOR EXERCISE AND RECREATION, WHICH ARE AS NECESSARY AS READING. I WILL RATHER SAY MORE NECESSARY BECAUSE HEALTH IS WORTH MORE THAN LEARNING."
THOMAS JEFFERSON