

VIRTUAL WELLNESS CLASSES

UNLIMITED CLASSES

\$20

Monthly

October 1 - 30, 2020

JHU Employee Wellness Program
Office of Benefits & Worklife

Register@ <https://hr.jhu.edu/redirect/wellness-registration.html>

All CLASSES USE ZOOM

Questions: wellnessprograms@jhu.edu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Beginner Yoga 7:30am-8:15am with Daniella Bacigalupa	Tai Chi Tuesdays* 8:00-8:30am with Eric Johnson	Gentle Yoga Flow 7:30am-8:00am with Jeanette McTegart		Beginner Yoga 7:30am-8:15am with Daniella Bacigalupa
Robust Flow and Restore 12:00pm-12:45pm with Savitha Enner	Mindful Yoga Flow 12:00pm-12:45pm with Megan Baker	Intermediate Yoga 12:00pm-12:45 with Savitha Enner	Mindfulness Meditation 12:00pm-12:45 with Tim Hurley	Mindful Yoga Flow 12:00pm-12:45pm with Megan Baker
	Muscle Toning & Conditioning 12:15pm-12:55pm with Kara O'Connor		Muscle Toning & Conditioning 12:15pm-1:00pm with Bada Hebron	Zumba 12:00-12:45 with Alva Hayes
Zumba 5:15pm-6:15pm with Bada Hebron	Somatics & Chair Yoga 5:00pm-5:45pm with Linda McGill	Cardio Fusion 5:15-5:55pm with Kara O'Connor	Gentle Yoga Flow 5:00pm-5:45pm with Jeanette McTegart	
Mindfulness Meditation 6:00pm-6:45pm with Tim Hurley	Strong Nation 6:00-7:00pm with Alva Hayes	Gentle Yoga Flow 6:00pm-6:45pm with Megan Baker	Zumba 6:00-6:45pm with Celia Karp	Gentle Yoga Flow 6:00pm-6:30pm with Megan Baker

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Cardio Fusion	Cardio Fusion is an aerobic workout combining kickboxing, hi/lo floor aerobics and some boot camp drills. Be ready to have some fun while burning calories and strengthen your core in this challenging class. Beginners to advanced exercisers are welcome.
Muscle Toning & Conditioning	Muscle Toning and Conditioning will strengthen, condition, tone, and define your muscles. It is a workout that concentrates on every major muscle group in the body. One should expect cardio intervals to sometimes be intermingled between strength exercises. This class is ideal for beginners to experienced exercisers.
Strong Nation	Stop counting the reps. Start training to the beat. STRONG Nation™ combines body weight, muscle conditioning, cardio and plyometric training moves synced to original music that has been specifically designed to match every single move. Every squat, every lunge, every burpee is driven by the music, helping you make it to that last rep, and maybe even five more. STRONG Nation™ is a class developed by Zumba Fitness. High intensity training class with lower intensity options.
Tai Chi Tuesdays	Tai chi and qigong help reduce stress, strengthen immunity, reduce blood pressure, and improve our overall health and sense of well-being. Learn simple exercises you can use in your daily life to help you stay calm and relaxed even while under stress. You will be led through 30 minutes of slow and gentle movements. We do tai chi and qigong standing up so all you need is space to move a little from side to side. Wear loose comfortable clothes and stocking feet or flat-soled shoes. This is an all levels class. No prior experience necessary.
Zumba	Zumba is a Latin inspired dance fitness class that blends Latin music and easy to follow dance steps to form a fitness-party that is high energy and lots of fun. Burn calories and build up your endurance by moving to alternating fast and slow rhythms. This class is open to all levels.
Yoga & Meditation	Beginner Yoga: Begin your day with a well-rounded class offering you the opportunity to tune in and get to know yourself better. Class will begin with a grounding meditation followed by gentle movement, a warming practice, stretching, and relaxation. Beginner Level
	Gentle Yoga Flow: A yoga flow and breath work to open your heart and breathe into the new morning or wind down from your day. Gentle stretching and strengthening movements will calm the mind and relieve stress. Class will include gentle transitions, focusing on releasing tension and building our inner resilience. All Levels.
	Intermediate Yoga: This class is designed for students who have previous experience with yoga. In this class, postures are practiced to align, strengthen, and promote flexibility in the body. You can expect an emphasis on simplicity, repetition, and ease of movement. Full-body relaxation and inner balance are the goals, as we make a full circuit of the body's range of motion with standing postures, twists, backbends, forward folds, balance poses, and hip openers. Expect a well-rounded class where we will explore new poses each week as well as breath and meditation practices. Intermediate Level.
	Mindful Yoga Flow: A slow-paced, mindful flow with focus on body and breath awareness. This practice will incorporate gentle stretching and strengthening movements, linking the movement with the breath to calm the mind, release tension, and find peace in the postures. You will be encouraged to develop both curiosity and agency in your practice, with the invitation to either follow the cues offered or to connect with and support your own needs by modifying in a way that feels right for your body. All levels.
	Mindfulness Meditation: Life is inherently challenging and continually in a state of change. We often struggle to control, resist and avoid much of what happens. Whenever we resist what is actually happening in our current experience we cause ourselves more suffering than would be inherent to our experience without such resistance. Mindfulness meditation practice develops our capacity meet all experiences calmly, steadily, and clearly—whether pleasant, neutral or unpleasant. All levels.
	Robust Flow and Restore: Robust flow and restore is a beginner to intermediate yoga practice. This midday yoga practice is designed to energize your physical body and sharpen your awareness. We will start the class with a well-crafted, robust vinyasa flow to build strength, stretch, and release tension. We will finish the class with a 6 minute deep relaxing savasana to set the tone for the rest of your day. Beginning/Intermediate Level.
	Somatics and Chair Yoga: The intention of this class is to help you to feel better in your body by releasing tension, allowing for more freedom of movement, building strength, and restoring proper alignment. This yoga is very gentle, slow moving, and the majority of the class is spent lying on the back. The movements are simple but impactful, using the breath and relaxation to create the perfect environment to strengthen and correct imbalances in your posture. Some of the benefits include relieving neuromuscular pain, learning how to regain control of habitually tight muscles, improving coordination, balance, and flexibility, while increasing self-awareness and mindfulness. If you have trouble transitioning to the floor, you will be shown how to easily use a chair to facilitate. The class ends with a Yoga Nidra meditation to relax and nourish body and mind.

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