

ADDITIONAL CLASSES TO
FIT INTO **YOUR** SCHEDULE



COOPER FITNESS CENTER
VIRTUAL YOGA AND PILATES CLASSES
BEGINNER TO INTERMEDIATE

JOIN US TODAY

- Virtual classes begin automatically at start time
 - Mats provided (or bring your own)
- Video screen, located on the west wall,
is in place at start time

Questions? Visit the Service Desk.

VIRTUAL YOGA CLASSES

Mondays:

8:00 a.m. Virtual Yoga 1 (45 mins.) | Mind/Body Studio

4:00 p.m. Virtual Yoga 1 (45 mins.) | Mind/Body Studio

Wednesdays:

4:00 p.m. Virtual Yoga 1 (45 mins.) | Mind/Body Studio

Sundays:

1:00 p.m. Virtual Yoga 2 (45 mins.) | Mind/Body Studio

VIRTUAL PILATES CLASSES

Thursdays:

8:00 a.m. Virtual Pilates 1 (45 mins.) | Mind/Body Studio

Fridays:

4:00 p.m. Virtual Pilates 2 (45 mins.) | Mind/Body Studio