

Personal Euphoria & Glastonbury Parks & Recreation

Try a Class for FREE ~ December 6-10, 2021

Class	Instructor	Day	Time	Dates	Zoom Link
Barre	Allison	M	5:45-6:30pm	December 6	https://us02web.zoom.us/join/9128uk2BQHZpWC0IC9OFz
Strength Training	Ashley	M	9-9:45am	December 6	https://us02web.zoom.us/join/tZ0tcuGurDkjE9GyVJKFm9gx4WJU_NI4ZZZq
Gentle Pilates	Rob	M	1:30-2:15pm	December 6	https://us02web.zoom.us/join/tZAtcu-vrD0tHtzWW9QysvzyDqm6u9DsksoB
Pilates	Rob	T	6-6:45pm	December 7	https://us02web.zoom.us/join/tZYoc-ggrTwgHNTCl5AsnXGpixcJxAxt6yEF
AM Mat Pilates	Maggie	T	8:30-9:30am	December 7	https://us02web.zoom.us/join/tZEtdOivpjgqE9cOyymnw5UvYQUiRbnPkTAM
Strength Training	Ashley	T/TH	12-12:45pm	December 7 & 9	https://us02web.zoom.us/join/tZUtcOCvri0qGNC7L3k0KcW97vEUTI4kPqrP
High Interval Training	Maggie	W	7:45-8:30am	December 8	https://us02web.zoom.us/join/tZAuc--trzMvH9GS_ei0UC2zISmZd5V1hUIm
Core Strength	Allison	W	9-9:45am	December 8	https://us02web.zoom.us/join/tZwsfuqsrDMsG9K1hDT46of689G8CkyrS_b
Tighten and Tone	Allison	W	5:45pm-6:30pm	December 8	https://us02web.zoom.us/join/tZwsdeurpikrGncBi9d4O9RtMVUeSMsLQaZt
Core Strength	Rob	TH	6-6:45pm	December 9	https://us02web.zoom.us/join/tZlpfuGoqjluHtB8cyg-Jt4ITwzfm8ZJ4e1j
AM Mat Pilates	Maggie	TH	9:30-10:30am	December 9	https://us02web.zoom.us/join/tZEkcuzsrzIqHdGOSR4W7pC8Ac6lqsZGooPr
Core Balance	Ashley	F	9:45-10:30am	December 10	https://us02web.zoom.us/join/tZlqcOuhqTovEtO3woUR3wNmnHsTilmi-OVz