

We have some exciting news... June 19th - 23rd will be our Bring a Friend week. This is being offered on all of our in person and virtual Personal Euphoria fitness classes. Try out any of these classes for FREE. With our virtual classes, it does not matter where you are located, you can join! Please feel free to forward this email along to any of your friends or family so they can join you this week or for our summer session. All of the direct links are listed below to make it easy to jump in to try out any class.

If you love what you try, summer registration is already open and that session begins the week of July 10th! Hope to see you, your family, and friends the week of June 19th - 23rd.

If you have any problems please contact our IT department at (860)-266-6885 - option 2 - M-F from 7:30am-8pm). You can also email them at:

[tsunamitsolutionscenter@tsunamit.com](mailto:tsunamitsolutionscenter@tsunamit.com)

Location	Format	Class	Instructor	Day	Time	Date	Links
PE Virtual Session	Virtual	Pilates	Rob	T	6-6:45pm	June 20	<a href="https://us02web.zoom.us/j/82470758672?pwd=N0toNXVqd3FHSlFvSFVKL01jQS9wQT09">https://us02web.zoom.us/j/82470758672?pwd=N0toNXVqd3FHSlFvSFVKL01jQS9wQT09</a>
PE Virtual Session	Virtual	Cardio Strength	Maggie	W	8:30-9:15am	June 21	<a href="https://us02web.zoom.us/j/84899154680?pwd=NEUvMXVycnFKV2phYUt4NHBMNkpYdz09">https://us02web.zoom.us/j/84899154680?pwd=NEUvMXVycnFKV2phYUt4NHBMNkpYdz09</a>
PE Virtual Session	Virtual	Core Strength	Rob	TH	6-6:45pm	June 22	<a href="https://us02web.zoom.us/j/89412098978?pwd=OC9YajBkNFBdy2pmYTRMSTMwb0tMQT09">https://us02web.zoom.us/j/89412098978?pwd=OC9YajBkNFBdy2pmYTRMSTMwb0tMQT09</a>
Glastonbury	Virtual	AM Mat Pilates	Maggie	T	8:30-9:30am	June 20	<a href="https://us02web.zoom.us/j/82631276324?pwd=TkjSOVVXM2tSWGNENHpGbEZCaS8wdz09">https://us02web.zoom.us/j/82631276324?pwd=TkjSOVVXM2tSWGNENHpGbEZCaS8wdz09</a>
Glastonbury	In Person	AM Mat Pilates	Maggie	T	9:30-10:30am	June 20	
Glastonbury	In Person	Pilates	Jeannine	T	6-6:45pm	June 20	
Glastonbury	In Person	Gentle Yoga	Stacey	W	10-10:45am	June 21	
Glastonbury	In Person	Zumba	Max	W	6:15-7:15pm	June 21	
Glastonbury	Virtual	AM Mat Pilates	Maggie	TH	8:30-9:30am	June 22	<a href="https://us02web.zoom.us/j/88921976499?pwd=YkF2M3oxekNTOGM1QjZCTWl6MWZjZz09">https://us02web.zoom.us/j/88921976499?pwd=YkF2M3oxekNTOGM1QjZCTWl6MWZjZz09</a>
Glastonbury	In Person	Gentle Yoga	Sonia	TH	5:30-6:30pm	June 22	
Glastonbury	In Person	Pilates	Jeannine	TH	6-6:45pm	June 22	
Glastonbury	In Person	Strength	Rachel	F	9-9:45am	June 23	
Glastonbury	In Person	Gentle Yoga	Rachel	F	9:50-10:35am	June 23	