



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# GETTING FIT TOGETHER

## OCTOBER 1-31 GROUP FITNESS SCHEDULE

- \* In-person group classes are only available to members who are fully COVID-19 vaccinated, and have entered their vaccination details into the [GEA COVID-19 tool](#)
- \* Live stream classes option is available to all active Y @ Work members
- \* All in-person group classes will be held on The Y @ Work wellness floor
- \* e-mail [Robbie.evans@geappliances.com](mailto:Robbie.evans@geappliances.com) to be added to the new group exercise Team's link.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>*HIGH INTENSITY JUMP ROPE W/BEN IN PERSON OR LIVE STREAM (TEAMS) 3:00 PM</b>		<b>*HIIT W/DENISE IN PERSON OR LIVE STREAM (TEAMS) 12:00 PM</b>		<b>*CARDIO-FIT W/ ROBBIE IN PERSON OR LIVE STREAM (TEAMS) 12:00 PM</b>

THE Y @ WORK

