

November 4th, 2024 – December 20th, 2024 - Classes are listed in Eastern Standard Time Zone.

There will be no classes Friday, November, 29th

Classes are free and open to all active CVS Health and MinuteClinic Colleagues, retirees and their spouse/domestic partner/dependents.

Before Registering for a Class Session

All participants must read the physical activity readiness questionnaire and the informed consent waiver located on the third and fourth page of this calendar. By registering for a class, you are acknowledging and agreeing to all the terms and conditions of the physical activity readiness questionnaire and informed consent waiver.

Finding the Calendar and Registering for a Class Session

You can find the calendar at <http://www.benefitmoments.com/>, the My Fitness page, or on ActiveHealth.

Select the class link in the calendar below and you will receive an email confirmation from messenger@webex.com.

When receiving the confirmation email, make sure to accept the series and add to your calendar.

Questions? Email FitnessTeam@aetna.com

Monday	Tuesday	Wednesday	Thursday	Friday
7:00 AM (30 min) CARDIO & STRENGTH Taurus	7:00 AM (30 min) BODYWEIGHT TABATA Angie	7:00 AM (30 min) STRENGTH Scott	7:00 AM (30 min) BODYWEIGHT STRENGTH & CONDITIONING Aaron	7:00 AM (40 min) YOGA Tonya
	9:00 AM (20 min) STRENGTH Aaron			
10:00 AM (15 min) CORE Aaron	10:00 AM (25 min) BARRE Sarah Montanez	10:00 AM (20 min) BACK & HIP MOBILITY ◊ Taurus	10:00 AM (30 min) KICKBOX INTERVAL Taurus	
10:30 AM (15 min) STRETCH ◊ Brandyn	10:30 AM (15 min) STRETCH ◊ Scott	10:30 AM (15 min) STRETCH ◊ Brandyn	10:30 AM (15 min) STRETCH ◊ Scott	10:30 AM (15 min) STRETCH ◊ Brandyn
11:00 AM (20 min) LOWER BODY STRENGTH Scott	11:00 AM (15 min) MINI RESISTANCE BANDS Aaron		11:00 AM (20 min) LOWER BODY STRENGTH Scott	
11:30 AM (20 min) UPPER BODY INTERVAL Tonya		11:30 AM (15 min) UPPER BODY STRENGTH Sarah Montanez		11:30 AM (30 min) CORE Tonya
12:00 PM (20 min) LOW IMPACT CARDIO Sarah Montanez	12:00 PM (20 min) BOOTCAMP Sarah Montanez	12:00 PM (30 min) BODYWEIGHT CARDIO & STRENGTH INTERVAL * Sarah Mitcham	12:00 PM (25 min) STRENGTH HIIT Brandyn	12:00 PM (30 min) STRENGTH Taurus
12:30 PM (40 min) STRENGTH, BALANCE & CORE Angie	12:30 PM (15 min) BACK & HIP MOBILITY Brandyn	12:30PM (20 min) CORE & STRETCH * Sarah Mitcham	12:45 PM (15 min) CHAIR STRETCH ◊ Keri	12:30PM (30 min) FULL BODY MOBILITY Aaron

Monday	Tuesday	Wednesday	Thursday	Friday
	1:00 PM (20 min) <u>STRENGTH & CONDITIONING</u> Aaron	1:00 PM (15 min) <u>BODYWEIGHT STABILITY</u> Keri		
1:30 PM (20 min) <u>GLUTES & CORE</u> Keri	1:30 PM (30 min) <u>UPPER BODY & CORE</u> Sarah Mitcham		1:30 PM (20 min) <u>GLUTES</u> Sarah Montanez	
	2PM (15 min) <u>CHAIR STRETCH ◊</u> Keri			3:15 PM (15 min) <u>CARDIO *</u> Sarah Mitcham
				3:30 PM (30 min) <u>STRENGTH & CORE *</u> Sarah Mitcham
5:00 PM (30 min) <u>FLOOR CORE & STRETCH</u> <u>FLOW</u> Sarah Mitcham				
	5:15 PM (30 min) <u>CARDIO & STRENGTH</u> Sarah Mitcham	5:15 PM (15 min) <u>UPPER BODY STRENGTH*</u> Keri	5:15 PM (30 min) <u>CIRCUIT</u> Sarah Mitcham	
5:30 PM (30 min) <u>STRENGTH</u> Keri		5:30 PM (15 min) <u>LOW IMPACT CARDIO ◊ *</u> Keri		
8:00 PM (45 min) <u>STRENGTH & CONDITIONING</u> Sarah Mitcham				

ACSM recommends 150 minutes per week of moderate intensity cardiovascular activity. If you're new to our online classes or to exercise in general, the classes marked with a ◊ are typically a lighter intensity level and a great place to start!fdg

The classes marked with * are formatted as back-to-back sessions in one class link. Join for only your desired 15-minute block or stay for the full session time.

Physical Activity Readiness Questionnaire (PAR-Q) and You

Regular physical activity is fun and healthy, and increasingly more people are starting to become more active every day. Being more active is very safe for most people. However, some people should check with their doctor before they start becoming much more physically active.

If you are planning to become much more physically active than you are now, start by answering the seven questions in the box below. If you are between the ages of 15 and 69, the PAR-Q will tell you if you should check with your doctor before you start. If you are over 69 years of age, and you are not used to being very active, check with your doctor.

Common sense is your best guide when you answer these questions. Please read the questions carefully and answer each one honestly:

YES	NO	
<input type="checkbox"/>	<input type="checkbox"/>	1. Has your doctor ever said that you have a heart condition <u>and</u> that you should only do physical activity recommended by a doctor?
<input type="checkbox"/>	<input type="checkbox"/>	2. Do you feel pain in your chest when you do physical activity?
<input type="checkbox"/>	<input type="checkbox"/>	3. In the past month, have you had chest pain when you were not doing physical activity?
<input type="checkbox"/>	<input type="checkbox"/>	4. Do you lose your balance because of dizziness or do you ever lose consciousness?
<input type="checkbox"/>	<input type="checkbox"/>	5. Do you have a bone or joint problem that could be made worse by a change in your physical activity?
<input type="checkbox"/>	<input type="checkbox"/>	6. Is your doctor currently prescribing drugs (for example, water pills) for your blood pressure or heart condition?
<input type="checkbox"/>	<input type="checkbox"/>	7. Do you know of <u>any other reason</u> why you should not do physical activity?

If you answered:	YES to one or more questions
	<p>Talk to your doctor by phone or in person BEFORE you start becoming much more physically active or BEFORE you have a fitness appraisal. Tell your doctor about the PAR-Q and which questions you answered YES.</p> <ul style="list-style-type: none"> You may be able to do any activity you want – as long as you start slowly and build up gradually. Or, you may need to restrict your activities to those which are safe for you. Talk with your doctor about the kinds of activities you wish to participate in and follow his/her advice. Find out which community programs are safe and helpful for you.
	NO to all questions
	<p>If you answered NO honestly to <u>all</u> PAR-Q questions, you can be reasonably sure that you can:</p> <ul style="list-style-type: none"> Start becoming much more physically active – begin slowly and build up gradually. This is the safest and easiest way to go. Take part in a fitness appraisal – this is an excellent way to determine your basic fitness so that you can plan the best way for you to live actively.
	Delay becoming much more active:
	<ul style="list-style-type: none"> If you are not feeling well because of a temporary illness such as a cold or a fever – wait until you feel better; or If you are or may be pregnant – talk to your doctor before you start becoming more active.
	<p>Please note: If your health changes so that you then answer YES to any of the above questions, tell your fitness or health professional. Ask whether you should change your physical activity plan.</p>

Class Descriptions

All fitness levels are welcome to all classes - modifications are provided.

Cardio

Tabata – Designed to raise your heart rate quickly, this class works in repeated intervals of 20 seconds of work followed by 10 seconds of rest; may utilize weights.

Bootcamp – Challenge yourself with various cardio & strength circuits in a class for all levels. *Options for low impact and standing.

Cardio & Core - Build stamina and improve coordination with this workout that combines fast-paced cardio with core strengthening movements.

Cardio & Strength - A combination of cardio and strength moves for a balanced workout.

HIIT - Scalable to any fitness level, HIIT alternates short bursts of activity with even shorter rest periods to increase endurance and improve cardiovascular health.

Kickbox Interval – A martial arts inspired workout involving punching and kicking sequences, mixed in with strength training intervals to give you a total body workout.

Low-Impact Cardio - Focus on continuous cardio with low-impact moves that will get your heart pumping; great for all levels.

Strength & Conditioning – This class targets the entire body using a variety of training tools as well as intensity levels.

Strength HIIT – Strength movements in a high intensity interval training format. Scalable to all fitness levels, class will utilize bodyweight and dumbbells to increase heart rate and maximize strength with bursts of activity followed by shorter bursts or rest.

Flexibility

Back & Hip Mobility – Tight hips can contribute to poor posture, chronic low back pain, and may increase risk of injury. In this 15-minute session, work to counteract the effects of long periods of sitting during the day and help your body move more easily.

Chair Stretch – Breathe and focus on movement through a series of chair-based stretches to re-energize.

Floor Core & Stretch Flow – Take it to the floor for a Yoga inspired class that lengthens and strengthens your body while working the core.

Flexibility & Mobility – Breathe and focus through a series of static and dynamic movements to improve flexibility of the entire body.

Floor Stretch – Ease pain and tightness while improving flexibility in your whole body, with a special focus on the legs, hips, back and core.

Full Body Mobility - series of bodyweight exercises will be performed that focus on opening up the major joints of the body to help you move more freely and easily.

Stretch – Stand up, breathe and focus on movement through a series of stretches to re-energize.

Yoga - Create and explore your practice through movement and breath, leaving you with space to feel the body you walk around in daily.

Strength & Toning

Barre - This energizing workout combines ballet, Pilates, yoga, and strength training inspired moves to work the entire body with an emphasis on glutes and legs. You will move through series and sequences of small, controlled movements, isometric holds, and high repetitions in this workout. A barre, wall or chair is recommended.

Bodyweight Stability - Learn to engage the core and build bodyweight balance and stability with full body movements.

Cardio & Strength - A combination of cardio and strength moves for a balanced workout.

Circuit - Timed exercises that will keep you moving and challenge your body. Dumbbells may be used.

Core - Focus on the muscle groups in the lower back, pelvis, hips, and abdominals. Great class for maintaining a healthy back and improving posture.

Glute & Core - Build your powerhouse with progressive exercises that strengthen your lower body and core.

Lower Body Strength - Focus on strengthening legs, glutes and hips

Mini Resistance Bands - Target the entire body and get stronger and more toned with just the use of mini resistance loop bands. Link to style of bands: [Mini Resistance Loop Exercise Bands](#)

Strength - This class is designed to improve muscular strength and endurance. Workouts will challenge your entire body and hit all the major muscle groups. Weights, kettlebells, and tubing will be incorporated into some strength classes.

Strength & Balance - This class is designed to improve muscular strength, endurance and balance to do daily activities and help prevent falls; good for all levels.

Strength & Conditioning - This class targets the entire body using a variety of training tools as well as intensity levels.

Strength HIIT - Strength movements in a high intensity interval training format. Scalable to all fitness levels, class will utilize bodyweight and dumbbells to increase heart rate and maximize strength with bursts of activity followed by shorter bursts or rest.

Upper Body Interval - Strengthen the muscles of the upper body with a short interval.

Upper Body Strength - Focus on strengthening the arms, shoulders, chest, and back through various means - from traditional strength to calisthenics and more.

Upper Body & Core - Focus on strengthening the arms, shoulders, chest, and back; all while incorporating the lower back, pelvis, hips and abdominals.

Tips for Classes

- Wear comfortable clothing and athletic shoes.
- Find a clear open floor space and room with good ventilation.
- Have a cell phone close by for emergency purposes.
- Stay hydrated and bring water.
- Use a towel or mat for floor work.
- Equipment may be used and encouraged in strength classes.