

# May 19<sup>th</sup>, 2025 – July 3<sup>rd</sup>, 2025 - Classes are listed in Eastern Standard Time Zone.

Classes are free and open to all active CVS Health colleagues.

## 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

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

Signify, Oak Street and Rubicon colleagues can find the calendar at [www.HCDTransitions.com](http://www.HCDTransitions.com)

Select the class link in the calendar below and you will receive an email confirmation from [messenger@webex.com](mailto:messenger@webex.com). When receiving the confirmation email, make sure to accept the series and add to your calendar.

**Questions? Email [FitnessTeam@aetna.com](mailto:FitnessTeam@aetna.com)**

**There will be no classes Monday, May 26th.**

| Monday   | Tuesday  | Wednesday   | Thursday  | Friday  |
|--|--|---|---|---|
| 7:00 AM (30 min)<br><b><u>CARDIO &amp; STRENGTH</u></b><br>Taurus        | 7:00 AM (40 min)<br><b><u>BODYWEIGHT TABATA</u></b><br>Angie                   | 7:00 AM (30 min)<br><b><u>STRENGTH</u></b><br>Scott   | 7:00 AM (30 min)<br><b><u>STRENGTH &amp; BALANCE</u></b><br>Aaron                     | 7:00 AM (40 min)<br><b><u>YOGA</u></b><br>Tonya                     |
| 8:30 AM (30 min)<br><b><u>STRENGTH</u></b><br>Scott                      |  |   | 8:30 AM (30 min)<br><b><u>STRENGTH</u></b><br>Angie                                   |   |
| 10:00 AM (25 min)<br><b><u>CORE</u></b><br>Jason                         | 10:00 AM (30 min)<br><b><u>BARRE</u></b><br>Sarah Montanez                     | 10:00 AM (15 min)<br><b><u>BACK &amp; HIP MOBILITY ♦</u></b><br>Jason                           | 10:00 AM (30 min)<br><b><u>CHAIR INTERVAL</u></b><br>Taurus                           | 10:00 AM (15 min)<br><b><u>ARMS &amp; SHOULDERS</u></b><br>Aaron    |
| 10:30 AM (15 min)<br><b><u>STRETCH ♦</u></b><br>Sarah Montanez           | 10:30 AM (15 min)<br><b><u>STRETCH ♦</u></b><br>Jason                          | 10:30 AM (15 min)<br><b><u>STRETCH ♦</u></b><br>Scott   | 10:30 AM (15 min)<br><b><u>STRETCH ♦</u></b><br>Jason                                 | 10:30 AM (15 min)<br><b><u>STRETCH FLOW ♦</u></b><br>Sarah Montanez |
| 11:00 AM (20 min)<br><b><u>LOWER BODY STRENGTH</u></b><br>Jason          | 11:00 AM (15 min)<br><b><u>MINI RESISTANCE BANDS</u></b><br>Aaron              | 11:15 AM (15 min)<br><b><u>HIIT</u></b><br>Sarah Montanez                                       | 11:00 AM (20 min)<br><b><u>LOWER BODY STRENGTH</u></b><br>Jason                       |   |
| 11:30 AM (20 min)<br><b><u>UPPER BODY STRENGTH</u></b><br>Tonya          | 11:30 AM (25 min)<br><b><u>BEGINNER STRENGTH ♦</u></b><br>Sarah Mitcham        | 11:30 AM (15 min)<br><b><u>UPPER BODY STRENGTH</u></b><br>Sarah Montanez                        | 11:30 AM (25 min)<br><b><u>BEGINNER CARDIO &amp; STRENGTH ♦</u></b><br>Sarah Montanez | 11:30 AM (30 min)<br><b><u>CARDIO &amp; CORE</u></b><br>Tonya       |
| 12:00 PM (20 min)<br><b><u>LOW IMPACT CARDIO</u></b><br>Sarah Montanez   | 12:00 PM (20 min)<br><b><u>STANDING GLUTE &amp; CORE</u></b><br>Sarah Montanez | 12:00 PM (30 min)<br><b><u>BODYWEIGHT CARDIO &amp; STRENGTH INTERVAL *</u></b><br>Sarah Mitcham | 12:00 PM (25 min)<br><b><u>STRENGTH HIIT</u></b><br>Sarah Mitcham                     | 12:00 PM (30 min)<br><b><u>STRENGTH</u></b><br>Taurus               |
| 12:30 PM (40 min)<br><b><u>STRENGTH, BALANCE &amp; CORE</u></b><br>Angie | 12:30 PM (15 min)<br><b><u>BACK &amp; HIP MOBILITY</u></b><br>Jason            | 12:30 PM (15 min)<br><b><u>CORE &amp; STRETCH *</u></b><br>Sarah Mitcham                        |   | 12:30 PM (30 min)<br><b><u>FULL BODY MOBILITY</u></b><br>Aaron      |

| Monday   | Tuesday  | Wednesday   | Thursday   | Friday |
|--|--|---|--|--------|
|  | 1:00 PM (20 min)<br><b><u>STRENGTH &amp; CONDITIONING</u></b><br>Aaron   | 1:00 PM (15 min)<br><b><u>BODYWEIGHT STABILITY</u></b><br>Keri  | 1:15 PM (15 min)<br><b><u>CHAIR STRETCH ♦</u></b><br>Keri  |        |
| 1:30 PM (20 min)<br><b><u>GLUTES &amp; CORE</u></b><br>Keri                    | 1:30 PM (30 min)<br><b><u>UPPER BODY &amp; CORE</u></b><br>Scott         | 1:30 PM (30 min)<br><b><u>YOGA</u></b><br>Scott                 | 1:30 PM (20 min)<br><b><u>GLUTES</u></b><br>Sarah Montanez |        |
| 2:00 PM (15 min)<br><b><u>FLOOR STRETCH</u></b><br>Scott                       | 2:00 PM (15 min)<br><b><u>CHAIR STRETCH ♦</u></b><br>Keri                |   |  |        |
|  | 2:30 PM (15 min)<br><b><u>MAT PILATES</u></b><br>Keri                    |   | 2:30 PM (15 min)<br><b><u>MAT PILATES</u></b><br>Keri      |        |
| 5:00 PM (20 min)<br><b><u>BARRE</u></b><br>Sarah Mitcham                       |  | 5:00 PM (15 min)<br><b><u>UPPER BODY STRENGTH*</u></b><br>Keri  |  |        |
|  | 5:15 PM (30 min)<br><b><u>CARDIO &amp; STRENGTH</u></b><br>Sarah Mitcham | 5:15 PM (15 min)<br><b><u>LOW IMPACT CARDIO ♦ *</u></b><br>Keri | 5:15 PM (30 min)<br><b><u>CIRCUIT</u></b><br>Sarah Mitcham |        |
| 5:30 PM (30 min)<br><b><u>STRENGTH</u></b><br>Keri                             |  |   |  |        |
| 7:15 PM (45 min)<br><b><u>STRENGTH &amp; CONDITIONING</u></b><br>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!

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?   |

| YES to one or more questions   |  |
|--|--|
| If you answered:   | <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"> <li>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.</li> <li>Find out which community programs are safe and helpful for you.</li> </ul> |
|  | <p><b>NO to all questions</b></p> <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"> <li>Start becoming much more physically active – begin slowly and build up gradually. This is the safest and easiest way to go.</li> <li>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.</li> </ul>  |
| <p><b>Delay becoming much more active:</b></p> <ul style="list-style-type: none"> <li>If you are not feeling well because of a temporary illness such as a cold or a fever – wait until you feel better; or</li> <li>If you are or may be pregnant – talk to your doctor before you start becoming more active.</li> </ul> |  |
| <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>   |  |

## **Informed Consent Waiver**

### **For Physical Activity Programs**

In connection with my participation in a Physical Activity Program (including, but not limited to, online live fitness classes, exercise in a fitness center and/or unsupervised exercise room or participation in an individual or group exercise class), I hereby agree with the following:

- I have answered the Physically Activity Readiness Questionnaire (PAR-Q) truthfully and have complied with the instructions which may require consultation with my personal physician.
- I understand that my participation in any Physical Activity Program is voluntary.
- I understand I cannot record classes under any circumstances.
- I acknowledge that I am an active CVS Health colleagues.
- I realize that any time one participates in a Physical Activity Program, there are inherent risks and dangers including, but not limited to, muscular or skeletal problems, heart attack, cerebral problems and other miscellaneous injuries or conditions.
- I acknowledge that my participation in any Physical Activity Program is not within the course and scope of my employment. I accept all responsibility and assume the risk of any injury or damage to my person, which may arise from my participation in any Physical Activity Program.
- I hereby release and discharge CVS Health, any and all of its affiliated companies, their officers, agents, employees, physicians, nurses, and all other persons connected therewith, from all causes of action, claim, demands, damages and liability whatsoever that I or my representatives have or may or may have against any of them arising from my participation in any Physical Activity Program.

I acknowledge that I have read and understand this Informed Consent Waiver and that I am freely and voluntarily accepting the terms and conditions. I understand that this Informed Consent Waiver shall apply to my participation in any Physical Activity Programs, now or in the future.

## **Class Descriptions**

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

ALL EQUIPMENT IS OPTIONAL

### **Strength & Toning**

**Arms & Shoulders** – Focus on strengthening the biceps, triceps and shoulders. Weights and tubing will be used. Equipment: Mat, Dumbbells.

**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. Equipment: Mat, Circle Band, Barre Ball, Light Weights.

**Beginner Cardio & Strength** - class will take you through a series of bodyweight movements, discussing form and cues for monitoring heart rate. Equipment: Mat.

**Beginner Strength** - Learn the basics of strength training, from proper form to ways to modify for your specific level. Equipment: Mat, Hand weights/water bottles/cans can be used to add load.

**Bodyweight Stability** - Learn to engage the core and build bodyweight balance and stability with full body movements. Equipment: Mat, Weights, Mini Bands.

**Cardio & Strength** - A combination of cardio and strength moves for a balanced workout. Equipment: Mat, Weights, Bands.

**Chair Interval** - designed to help build strength, balance, and flexibility in a high intensity format. This class is scalable to all levels. Equipment: Mat, Chair, Weights.

**Circuit** - Timed exercises that will keep you moving and challenge your body. Equipment: Mat, Weights.

**Core** – Focus on the muscle groups in the lower back, pelvis, hips, and abdominals. Great class for maintaining a healthy back and improving posture. Equipment: Mat, Weights, Medicine Ball.

**Glute & Core** – Build your powerhouse with progressive exercises that strengthen your lower body and core. Equipment: Mat, Weights, Circle Band.

**Lower Body Strength** – Focus on strengthening legs, glutes and hips. Equipment: Mat, Weights, Kettlebell.

**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](#) Equipment: Mat, Mini Resistance Loops.

**Mat Pilates** – A mat Pilates inspired class to strengthen and lengthen the core, arms and legs. Equipment: Mat.

**Strength** – This class is designed to improve muscular strength and endurance. Workouts will challenge your entire body and hit all the major muscle groups. Equipment: Weights, Kettlebell, Mat, Resistance Band.

**Standing Glute & Core** - Build your powerhouse with progressive exercises that strengthen your lower body and core entirely standing. Equipment: Mat, Weights, Mini Resistance Loop.

**Strength & Balance** - Utilize opposite arm and leg movements to help improve one's coordination, balance, and strength. Equipment: Mat, Weights, Mini Bands.

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

**Strength & Conditioning** – This class targets the entire body using a variety of training tools as well as intensity levels. Equipment: Mat, Mini Bands, Weights.

**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. Equipment: Mat, Weights.

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

**Upper Body & Core** – Focus on strengthening the arms, shoulders, chest, and back; all while incorporating the lower back, pelvis, hips and abdominals. Equipment: Mat, Weights.

## Class Descriptions

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

### Cardio

**Bodyweight 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. Equipment: Mat.

**Cardio & Core** - Build stamina and improve coordination with this workout that combines cardio with core strengthening movements. Equipment: Mat, Weights.

**Cardio & Strength** - A combination of cardio and strength moves for a balanced workout. Equipment: Weights, Mat, Bands.

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

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

**Strength & Conditioning** – This class targets the entire body using a variety of training tools as well as intensity levels. Equipment: Mat, Weights, Band

**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. Equipment: Equipment: Mat, weights.

### 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. Equipment: Mat

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

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

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

**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. Equipment: Mat.

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

**Stretch Flow** – Flow through a series of movements tied with breath to lengthen and strengthen the body. Standing modifications given.

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

### 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.
- All equipment is OPTIONAL. Equipment is encouraged in strength classes, even waterbottles.