

April 2020 Fairview Ways to Wellness Virtual Events- www.discoverw2w.org

Class Category	Monday 20	Tuesday 21	Wednesday 22	Thursday 23	Friday 24
Facebook Live	10:00 am Acidity with Jeremy	10:00 am Forearm Release with Rachel	10:30 am Stretch for Back Health with Rachel	3:45 pm Fuel your Workout with Renee and Megan	10:00 am Friday Favorites with Brenda and Rachel 12:00 pm Dance Party with Justin
The Kitchen Table		4:00 pm Virtual Master My Kitchen (Paid Class) with Chef Jeremy	11:00 am Lunching Like a Pro with Chef Jeremy 4:00 pm Plants. It's What's for Dinner with Chef Angela	12:00 pm Kitchen Clips: Asparagus & Greens with Chef Jeremy and Megan 4:00 pm Virtual Master My Kitchen (Paid Class) with Chef Jeremy	5:00 pm Happy Hour at the Kitchen Table with Chef Jeremy
Wellbeing Classes	10:15 am Mind Body Skills With Justin	5:30 pm Thrive Cancer Survivorship: Nutrition Following Cancer Treatment with Megan		10:00 am Nutrition Guide to Gut Health with Megan 12:00 pm Calming Meditation with Justin 12:00 pm Tai Chi & Yoga with Debbie	
Fitness Classes	9:00 am Cardio Core Blast with Rachel 12:00 pm Pilates on a Roll with Megan 6:00 pm Upper Body Workout with Renee	9:00 am Strictly Stretching with Rachel 4:15 pm 30 Minute Full Body Circuit with Balance Bonus work with Renee	9:30 am Kickboxing for Cardio with Rachel 12:00 pm Bodyweight Strength-Cardio Circuit with Justin 4:15 pm Barre Burn with Maddie	9:00 am Pilates and Posture with Rachel 4:15 pm 30-Minute Lower Body Blast with Renee	7:30 am Full Body Circuit Workout with Renee 10:15 am Restorative Yoga with Rachel