

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

Class Category	Monday 27	Tuesday 28	Wednesday 29	Thursday 30	Friday 1
Facebook Live	10:00 am Chef Secrets with Chef Jeremy	3:00 pm Foam Rolling for Runners with Megan	10:30 am Fast Full Body Stretch with Rachel	10:00 am Calf Release with Rachel	9:30 am Friday Favorites with Brenda and Rachel
The Kitchen Table		4:00 pm Virtual Master My Kitchen (Paid Class) with Chef Jeremy	4:00 pm Home-made Convenience Foods with Chef Angela	11:30 am Kitchen Clips: All About Berries with Chef Jeremy and Megan 4:00 pm Virtual Master My Kitchen (Paid Class) with Chef Jeremy 6:00 pm What on Earth Can I Eat?! With Chef Angela	5:00 pm Friday Night at the Pizza Parlor! With Chef Jeremy
Wellbeing Classes	10:15 am Mind Body Skills With Justin	10am Intro to Restorative Nutrition with Megan 5:30 pm Thrive Cancer Survivorship: Mind Body and Spirituality after Cancer with Justin	5:00 pm Functional Nutrition: Food for Thought and Conversation with Megan	12:00 pm Calming Meditation with Justin 12:00 pm Tai Chi & Yoga with Debbie 3:00 pm Rev Up your Metabolism with Megan	
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 12:00 pm Restore Your Posture with Justin 4:15 pm Full Body Strength and Cardio Tabata 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 Lower Body Burner and Core Bonus with Renee	7:30 am 30-Minute Full Body Burner with Renee 10:15 am Restorative Yoga with Rachel 12:00 pm Tabata Blast with Justin