

Your Week at a Glance

Moderate Intensity Gold Members - Live High Intensity Boxing PWR!® Virtual Experience

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Live classes (60 minutes)		1:30 p.m. High Intensity Boxing		1:30 p.m. High Intensity Boxing	10:30 a.m. High Intensity PWR!Moves 12:30 p.m. Specialty Class (Pick one or both!)		
Pre-recorded classes	Cardio PWR!Moves or PWR! Circuit	Cardio, ideally before live class	Cardio	Cardio, ideally before live class		Cardio	
Cooldowns, stretching, mindfulness	Yes				Yes		Pick 1-2
Enrichment	Fundamentals		Fundamentals	Fundamentals		Fundamentals	
Other events			Parkinson Disease Expert Seminar				



Reminder!

All times listed are in Arizona Time. [What time is it in Arizona?](#)

- PWR!'s recommended priorities are in **bold**
- Extra challenges are in **blue**