

Your Week at a Glance

Low Intensity Gold Members - Live Low Intensity PWR!Moves PWR!® Virtual Experience

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Live classes (60 minutes)	11:00 a.m. Low Intensity PWR!Moves		11:00 a.m. Low Intensity PWR!Moves		11:00 a.m. Low Intensity PWR!Moves		
Pre-recorded classes		Cardio		Cardio		Cardio	Low Intensity PWR!Moves
Cooldowns, stretching, mindfulness	Yes		Yes		Yes		Pick 1-2
Enrichment		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**