

Your Week at a Glance

Moderate Intensity Gold Members—Live PWR! Circuit PWR!® Virtual Experience

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Live classes (60 minutes)	10:00 a.m. PWR! Circuit OR 2:00 p.m. PWR! Circuit		10:00 a.m. PWR! Circuit OR 2:00 p.m. PWR! Circuit		10:30 a.m. High Intensity PWR!Moves 12:30 p.m. Specialty Class (Pick one or both!)		
Pre-recorded classes	<i>Cardio, ideally before live class</i>	Cardio PWR!Moves or PWR! Circuit	<i>Cardio, ideally before live class</i>	Cardio		Cardio	
Cooldowns, stretching, mindfulness		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*