

Visit our virtual "[Live Class Calendar](#)"
for current class times.

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)	PWR! Circuit OR PWR! Circuit		PWR! Circuit OR PWR! Circuit		High Intensity PWR!Moves 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**