**Green Valley Group Exercise Schedule**

**719 Green Valley Road, Greensboro, NC**

The Group Exercise room is located on the first floor. Classes are free to any Cone Health employee and family member!

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| --- | --- | --- | --- | --- |
| Monday | Tuesday | Wednesday | Thursday | Friday |
| *Mat Pilates*  With Sandy  12:15PM |  |  | ***Restorative YOGA***  With Rebecca  **12:15PM** | ***Restorative YOGA***  With Rebecca  **12:15PM**  No Class 8/1 |
| *Zumba*  With Yzetta  5:30 PM | ***Zumba***  With Yzetta  **5:30 PM**  No class 8/5 | ***Total Toning***  With Imani  **5:30 PM** | ***Cycle***  With Sandy  **5:30 PM** |  |
|  |  |  | ***Pump & Sculpt***  With Sandy  **6:30pm** |  |

**Schedule changes and updates are announced on our employee Facebook group. Join today!** [**LiveLifeWell at Cone Health | Facebook**](https://www.facebook.com/groups/conehealthwellness)

**August Class Announcements:**

* New time for Mat Pilates- 12:15pm
* Thursday’s 5:30pm class has change to Cycle with Sandy
* Additional class added on Thursday at 6:30pm