

## VIRTUAL FITNESS / WELLNESS CLASSES offered by CB INSTRUCTORS

Updated April 14, 2020

Email [westburypaige@gmail.com](mailto:westburypaige@gmail.com) for changes or additions.

### MONDAY

TIME	CLASS	ORGANIZATION	TEACHER	ACCESS
9:30am	Gentle Yoga	Breathing Space Yoga Studio Sydney and Beginnings Yoga	Liv	<a href="#">Liv Yoga Facebook Page</a>
10:00am	Group Active	YMCA of CB	Tanya	<a href="#">YMCA Facebook Live</a>
12:00pm	Kick & Punch	CB Holistic Health & Fitness	Charlotte	Zoom. <a href="#">Sign up for the class here</a> , and you'll receive an email with meeting info.
4:30pm	Group Blast	YMCA of CB	Alicia & Ellen	<a href="#">YMCA Facebook Live</a>
5:30pm	Circuit	CB Holistic Health & Fitness	Jenna	Zoom. <a href="#">Sign up for the class here</a> , and you'll receive an email with meeting info.
6:00pm	Strength & Cardio	Outdoor Bootcamp and Indoor Fitness	Gian	<a href="#">Live from Facebook Page</a>

### TUESDAY

TIME	CLASS	ORGANIZATION	TEACHER	ACCESS
10:00am	Gentle Yoga	YMCA of CB	Rhoda	<a href="#">YMCA Facebook Live</a>
12:00pm	Ab Express	CB Holistic Health & Fitness	Charlotte	Zoom. <a href="#">Sign up for the class here</a> , and you'll receive an email with meeting info.

12:00pm	20 min. Ab Xpress	Breathing Space Yoga Studio	Gian	<a href="#">Facebook Live on Breathing Space Group</a>
12:05pm	Group Blast	YMCA of CB	Eileen & Andrea	<a href="#">YMCA Facebook Live</a>
5:15pm	H.I.I.T	YMCA of CB	Shannon	<a href="#">YMCA Facebook Live</a>
5:15pm	Barre	CB Holistic Health & Fitness	Charlotte	Zoom. <a href="#">Sign up for the class here</a> , and you'll receive an email with meeting info.
6:30pm	Barre	Breathing Space	Paige	Zoom. Meeting ID: 520-282-1330. Password: 12345

### WEDNESDAY

TIME	CLASS	ORGANIZATION	TEACHER	ACCESS
10:00am	Group Active	YMCA of CB	Tanya	<a href="#">YMCA Facebook Live</a>
12:00pm	Rock Bottom	CB Holistic Health & Fitness	Charlotte	Zoom. <a href="#">Sign up for the class here</a> , and you'll receive an email with meeting info.
12:00pm	All About Abs	Outdoor Bootcamp and Indoor Fitness	Gian	<a href="#">Live from Facebook Page</a>
3:45pm	Chair Yoga	YMCA of CB	Joyce	<a href="#">YMCA Facebook Live</a>
5:30pm	Calorie Crusher	CB Holistic Health	Jenna	Zoom. <a href="#">Sign up for the class here</a> , and you'll receive an email with meeting info.
6:15pm	Cardio Core or Upper Body Cut	Breathing Space Yoga Studio Sydney	Joline	<a href="#">Facebook Live on Breathing Space Group</a>

8pm	Gentle Restorative Yoga	Laura Bowdridge	Laura	Zoom. Details are posted on <a href="#">Laura's Facebook</a> & Instagram before each class.
-----	-------------------------	-----------------	-------	---

## THURSDAY

TIME	CLASS	ORGANIZATION	TEACHER	ACCESS
10:30am	Chair Yoga	YMCA of CB	Jamie	<a href="#">YMCA Facebook Live</a>
12:00pm	Deck of Cards	CB Holistic Health & Wellness	Charlotte	Zoom. <a href="#">Sign up for the class here</a> , and you'll receive an email with meeting info.
12:00pm	Yoga Flow	Laura Bowdridge	Laura	Zoom. Details are posted on <a href="#">Laura's Facebook</a> & Instagram before each class.
12:05pm	Group Active	YMCA of CB	Lisa	<a href="#">YMCA Facebook Live</a>
5:00pm	Group Blast	YMCA of CB	Carolee & Katelyn	<a href="#">YMCA Facebook Live</a>
5:15pm	Lower/Upper Body + Boxing	CB Holistic Health & Wellness	Charlotte	Zoom. <a href="#">Sign up for the class here</a> , and you'll receive an email with meeting info.
6:00pm	Calorie Crusher	Outdoor Fitness Bootcamp & Indoor Fitness classes with Gian MacLean	Joline	<a href="#">Live from Facebook Page</a>

## FRIDAY

TIME	CLASS	ORGANIZATION	TEACHER	ACCESS
------	-------	--------------	---------	--------

12:00pm	Full Body Fat Burner or Tabata	CB Holistic Health & Wellness	Charlotte	Zoom. <a href="#">Sign up for the class here</a> , and you'll receive an email with meeting info.
12:05pm	Group Blast	YMCA of CB	Eileen, Carolee & Katelyn	<a href="#">YMCA Facebook Live</a>
5:15pm	Tank Top Arms	CB Holistic Health & Wellness	Charlotte	Zoom. <a href="#">Sign up for the class here</a> , and you'll receive an email with meeting info.
6:00pm	Vinyasa Flow Yoga	Breathing Space Yoga Studio Sydney	Harry	<a href="#">Facebook Live on Breathing Space Group</a>

## SATURDAY

TIME	CLASS	ORGANIZATION	TEACHER	ACCESS
9:00 am	Group Blast	YMCA of CB	Alicia & Ellen	<a href="#">YMCA Facebook Live</a>
10:00am	Circuit Class	Outdoor Bootcamp and Indoor Fitness	Gian	<a href="#">Live from Facebook Page</a>
11:15am	Booty Burn or Total Body Tabata	Breathing Space Yoga Studio Sydney	Joline	<a href="#">Facebook Live on Breathing Space Group</a>
3:30pm	Yoga Flow	Breathing Space Yoga Studio Sydney & Beginnings Yoga	Liv	<a href="#">Liv Yoga Facebook Page</a>

## SUNDAY

TIME	CLASS	ORGANIZATION	TEACHER	ACCESS
10:00am	Group Blast	YMCA of CB	Eileen & Andrea	<a href="#">YMCA Facebook Live</a>
3:00pm	Barre	Breathing Space Yoga Studio Sydney	Paige	Zoom. Meeting ID: 520-282-1330. Password: 12345

Please note that many other classes are being offered, but not on a set schedule. Watch for updates on the following Facebook Pages & Groups:

- [Ascendo Fitness Instructors Online Classes](#)
- [Live Classes with Breathing Space Instructors](#)
- [CB Holistic Health & Wellness](#)
- [Outdoor Boot Camp and Indoor Fitness with Gian MacLean](#)
- [YMCA of Cape Breton](#)
- [John McPhail \(Yoga\)](#)