

# Virtual Classes with Camille



**Our very own Camille has been teaching group fitness at BHHFC for 25 years!**  
**Livestream classes are offered in the gym at the scheduled time, or workout from the comfort of your home via Zoom, on your schedule with video on demand options!**  
**Text Camille at 703-472-3222 for updates and links to classes.**

Monday	Tuesday	Wednesday	Thursday	Friday
8:15a Cardio/HIIT		8:15a Cardio Fit	8:15a Do IT	8:15a Cardio Dance
9:15a Pilates Stretch & Strengthen				9:15a Pilates Stretch & Strengthen
ID: 371-848-594 PW: 3222		ID: 371-848-594 PW: 3222	ID: 838-3057-1409 PW: 3222	ID: 747-810-905 PW: 3222

**Cardio N HIIT:** What do you get when you combine a half hour cardio class, including warm-up, with a half high intensity interval training including cool down and stretching? A full body workout!

**Cardio Fit:** Express yourself! Participants vote on workout of the day! Each class includes warm-up, cardio, strength, toning, balance, stretching and cool down.

**Do I.T.** You can DO High Intensity Interval Training! Get a full body workout with sets of 30 seconds of work followed by 10 seconds of rest. Class begins with a warm-up and stretching and concludes with balance, stretching and a cool-down.

**Cardio Dance:** No dance skills required! Sweat, burn calories, tone muscles, improve rhythm and have fun with this full body and brain workout!

**Pilates Stretch & Strengthen:** A fusion of barre, yoga, strength training, cardio and dance adding a varied dimension and complexity to traditional mat Pilates. Equipment: small play ball, light weights and yoga mat

Classes are included in the purchase of a membership.  
Class times are subject to change. Camille texts updates with detailed information



**BETSIE HOSICK HEALTH & FITNESS CENTER**

 **MUNSON HEALTHCARE** Paul Oliver Memorial Hospital