



# February 2021

## BHG Fitness challenge

Check off each virtual class you complete.  
 Complete a total of 8 classes, and return both calendars to Beth Piantoni, epiantoni@bhs1.org by **April 5th**  
 By completing this challenge, you will be entered into a raffle for some AMAZING wellness prizes!  
**See Page 3 &4 for Virtual Login Details.**

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1	2	3	4	5	6	7
4PM Barre Basics _____	6AM Oh My Core _____ 4PM Barre _____ 5:30PM Edge Body Bootcamp _____	4:30pm Yoga w/ Connie _____		6AM Edge Body Bootcamp _____ 3:30 PM Zumba _____	8AM PLYOGA Mash Up Bootcamp _____	
8	9	10	11	12	13	14
4PM Yoga with Melanie _____ 4PM Barre Basics _____	6AM Oh My Core _____ 4PM Barre _____ 5:30PM Edge Body Bootcamp _____	4:30pm Yoga w/ Connie _____		6AM Edge Body Bootcamp _____ 3:30 PM Zumba _____	8AM PLYOGA Mash Up Bootcamp _____	
15	16	17	18	19	20	21
4PM Yoga with Melanie _____ 4PM Barre Basics _____	6AM Oh My Core _____ 4PM Barre _____ 5:30PM Edge Body Bootcamp _____	4:30pm Yoga w/ Connie _____		6AM Edge Body Bootcamp _____ 3:30 PM Zumba _____	8AM PLYOGA Mash Up Bootcamp _____	
22	23	24	25	26	27	28
4PM Yoga with Melanie _____ 4PM Barre Basics _____	6AM Oh My Core _____ 4PM Barre _____ 5:30PM Edge Body Bootcamp _____	4:30pm Yoga w/ Connie _____		6AM Edge Body Bootcamp _____ 3:30 PM Zumba _____	8AM PLYOGA Mash Up Bootcamp _____	

Name \_\_\_\_\_

Email: \_\_\_\_\_



**ANOTHER CHANCE  
TO GET STRONGER  
TO EAT BETTER  
TO LIVE HEALTHIER  
AND TO BE THE BEST**

# March 2021

*BHG Fitness challenge*

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1  4PM Yoga with Melanie _____  4PM Barre Basics _____	2  4PM Barre _____  5:30PM Edge Body Bootcamp _____  6:00 PM Zumba _____	3  4:30pm Yoga w/Connie _____  4:30pm Yoga w/Connie _____	4	5  6AM Edge Body Bootcamp _____  3:30 PM Zumba _____	6  8AM PLYOGA Mash Up Bootcamp _____	7
8  4PM Yoga with Melanie _____  4PM Barre Basics _____	9  4PM Barre _____  5:30PM Edge Body Bootcamp _____  6:00 PM Zumba _____	10  4:30pm Yoga w/Connie _____  4:30pm Yoga w/Connie _____	11	12  6AM Edge Body Bootcamp _____  3:30 PM Zumba _____	13  8AM PLYOGA Mash Up Bootcamp _____	14
15  4PM Yoga with Melanie _____  4PM Barre Basics _____	16  4PM Barre _____  5:30PM Edge Body Bootcamp _____  6:00 PM Zumba _____	17	18	19  6AM Edge Body Bootcamp _____	20  8AM PLYOGA Mash Up Bootcamp _____	21
22  4PM Yoga with Melanie _____  4PM Barre Basics _____	23  5:30PM Edge Body Bootcamp _____  6:00 PM Zumba _____	24	25	26  6AM Edge Body Bootcamp _____	27  8AM PLYOGA Mash Up Bootcamp _____	28
29  4PM Yoga with Melanie _____  4PM Barre Basics _____	1  6:00 PM Zumba _____					

Questions? Contact: Beth Piantoni  
 BHG Wellness Coordinator  
 (413) 445-9327  
 • [epiantoni@bhs1.org](mailto:epiantoni@bhs1.org)



Name \_\_\_\_\_

Email: \_\_\_\_\_

# Virtual Login Details

**Edge Body Bootcamp : Tues @5:30pm, Fri @6am, January 29th-March 26th.** *Be prepared for anything!! This cardiovascular challenge can combine, multi-impacted moves, boxing, jump rope, medicine ball drills and more! It's important to mix up your cardio exercises with strengthening poses and techniques. With this class, you can do both. Various cardio segments are included to mix things up along with resistance strength training. It's a full-body workout that checks all the boxes! Leave it to the instructor to surprise, energize and challenge your endurance!*

**Zoom Link :** <https://us02web.zoom.us/j/4138410494>

**Meeting Id:** 4138410494

**PLYOGA Mash-Up Bootcamp: Sat @8am. January 29th-March 26th**

Mix of Weight Training, PLYOGA, Boxing, Core, HIIT! YOU GOT THIS!

**Zoom Link :** <https://us02web.zoom.us/j/4138410494>

**Meeting Id:** 4138410494

**Yoga @ Melanie Glenn– Mondays @4:00PM. February 8th –March 29th**

*Yoga is an important exercise that allows for rest, while also extending and strengthening muscles. Most types include breathing, meditation, and posing. These movements stretch and flex many muscle groups. If you're looking for a low-impact way to improve your fitness and health, try this yoga classes !*

**Zoom Link :** <https://us02web.zoom.us/j/86167496369?pwd=RXh0ZTAxRUNDeGpacWlxdU1md25EZz09>

**NO Meeting or Passcode**

**Yoga @ Connie Wilson- Wednesdays @4:30pm. January 20-March 10th**

*This yoga class moves at a steady pace, slowly cycling through a series of floor based or seated asanas. ... Though you can expect a few standing poses, you'll spend the majority of class on your mat.*

**Zoom Link:** <https://us02web.zoom.us/j/89441027943?pwd=QWRuOE5nZ1ViV3Y5S2hIT3BOSjNSdz09>

**Meeting ID:** 894 4102 7943

**Passcode:** 703035

**Oh My Core! Tuesdays- @6:00-6:30am. January 5th - February 23rd**

*30 minute Oh My CORE workouts are packed with effective abdominal and core moves from start to finish! You will strengthen your abs, trim your waistline, and truly improve your overall core function. The exercises included are standing waistline moves, plank work training, and various effective sit-up variations all targeting the core area.*

**Zoom link:** <https://us02web.zoom.us/j/4138410494>

**Meeting Id:** 4138410494

**Barre— Tuesdays @4pm. January 26th-March 16th**

*The fitness trifecta of pilates, yoga, and a little bit of Ballet floor barre, this class sculpts and strengthens the body like no other. Students are quickly guided through a variety of sets involving small, repetitive movements to work the entire body.*

**To Register:** Head to [www.LifeWorks-Studio.com](http://www.LifeWorks-Studio.com). Click the View Schedule button in the middle of the page. Click on **TUESDAY**. Scroll down to **4PM Barre** and click the Book button on the right. Login in with your credentials, or make an account. Select the option, **BHG\_Winter\_Drop In**. Click **Add Promo Code** and type in your BHG code, **BHG Barre\_Winter 2021** then tap Add to the right. **Your new total is \$0!** Click Check Out. 30 minutes before class starts, you will receive a Zoom link.

**See next page for more virtual class details**

# Virtual Login Details

## **Barre Basics — Mondays@4pm.** February 1st-March 15th

Interested in coming to Barre class but would like to learn the fundamentals in a smaller group from the comfort of your home!? Has it been awhile since you've come to class and would like a refresher? This class is for you! Head to [www.LifeWorks-Studio.com](http://www.LifeWorks-Studio.com). Click the View Schedule button in the middle of the page

**To Register:** Head to [www.LifeWorks-Studio.com](http://www.LifeWorks-Studio.com). Click the View Schedule button in the middle of the page. Click the Monday you want to take class. Scroll down to 4PM Barre Basics and click the **Book** button on the right. Login in with your credentials, or make an account. Select the option, **BHG\_Winter\_Drop In**. Click **Add Promo Code** and type in your BHG code, **BHG Barre Basics\_Winter 2021**, then tap **Add** to the right. Your new total is \$0! Click **Check Out** 30 minutes before class starts, you will receive a Zoom link. Enjoy!

## **Zumba—Fridays @3:30-4:15pm.** January 22nd-March 12th, **Tuesdays 6:00-6:45pm** March 2<sup>nd</sup> to April 20<sup>th</sup>

*Enjoy good music, fun moves and get a great work out. Learn salsa, cha cha, merengue, cumbia, swing, reggaeton, pop songs and more. All ages and abilities welcome. No experience needed. Get ready to sweat and have some fun.*

**Tuesdays— To Register, go to** <https://bydf.punchpass.com/series/14401> Create an Account, Enter Discount Code: **BHGADAMS**, Click "Purchase Series". Once you are registered they will receive a confirmation email and reminder emails 10-20 minutes before each class with a link to join us live!

**Fridays -To Register:** Visit [BYDF.Punchpass.com](http://BYDF.Punchpass.com), Create an Account or Log-In, Purchase "Zumba": 8-week series pass with Discount Code: **BHGFREE**, Make Your Reservations for Class, Enjoy the Live class or Recording!