



Register and Join Live Streaming and On-demand Classes

January 10 through March 31

* Exciting NEW Classes for a Healthy 2022! *

Current Participants: You **MUST REGISTER** online for these new classes. You will not be auto enrolled. Login <https://member.cultureoffit.com> to register.

Who? You! All fitness levels are welcome. Your instructor will demonstrate modifications. Take classes from your smart phone, computer, tablet or smart TV.

Sign up for as many classes as you would like in any time zone. Each live streaming class is recorded and for access to the class video on demand, you must register for the class. The Stretch and Stabilize (Chair or Mat) and Barefoot Fitness programs are offered by video on demand only.

Weekly Live classes include:

Barefoot Fitness. (On Demand Only) Strengthen the muscles of your feet and core and their connection to improving balance, strength and mindful movement

Core, Abs and Back. Core and back-centric class focused on isolated deep abdominal and core fitness exercises. Very good for posture, and reducing/eliminating back pain

Schedule

Stretch and Stabilize (Chair or Mat)

On Demand Only
1/10/2022 to 2/14/2022

Barefoot Fitness

On Demand Only
2/21/2022 to 3/28/2022

The Americas

1/10/2022 to 3/31/2022

Glutes & Thighs vs. Core & Arms

Mondays

• 5:30pm-6:15pm ET

Energizing Stretch with Meditation

Wednesdays

• 12:00pm-12:30pm ET

Kind Cardio

Thursdays

• 5:00pm-5:45pm ET

UK/EUROPE

Energizing Stretch with Meditation. Energize with stretches to lower stress, sharpen concentration, and reduce fatigue. End with a meditation to recharge

Glutes & Thighs vs. Core & Arms. Each week exhaust alternating body sections. Focus on toning, shaping and strengthening from head to toe

Kind Cardio. No or low impact cardio moves for stronger muscles and better endurance with no strain on the joints

Stretch and Stabilize (Chair or Mat). (On Demand Only) The benefits of stretch, muscle strengthening and balance for increased stability

Yoga for a Healthy Back. Address common spinal and postural issues to strengthen and re-align

Why? Classes are great for stress management, increasing mental clarity, reducing stiffness and pain, improving balance and flexibility, increasing strength, cardio capacity, and energy levels.

Sign up now!

- Click on the sign-up box below to register and **use company code: RE**
- For program location, select online and then select time zone: ET, GMT, SGT to view and choose your classes.
- **Live Streaming Classes** - After registering, you'll receive a confirmation email with a calendar invite containing the LIVE Zoom link for classes. You'll also receive an email reminder before classes with the Zoom link.
- Join LIVE streaming classes 15 minutes before start time to run the Zoom software on your device or join from your internet browser and get set up to exercise.
- **On-Demand Classes** - You must register for access to on-demand videos. If you miss your LIVE streaming class or just prefer on demand, you may watch the recorded class video on your device at any time. After each LIVE streaming class, you will be emailed when the video is ready to watch on demand.

1/11/2022 to 3/30/2022

Yoga for a Healthy Back Tuesdays

- 12:30pm-1:15pm GMT

Core, Abs and Back Wednesdays

- 12:30pm-1:15pm GMT

APAC

1/10/2022 to 3/31/2022

Sign up for Stretch and Stabilize (Chair or Mat) and Barefoot Fitness On-Demand programs and any live streaming programs in any time zone to get access to the class recording to watch on demand at your preferred time.

Where: Online LIVE streaming and On-Demand classes viewed from your smart phone, computer, tablet, or smart TV.

Have: An exercise mat or towel and water. Wear fitness or comfortable clothes to move in.

Company Code:
Use code **RE** when registering online.

General questions:
support@cultureoffit.com

Sign Up for LIVE STREAMING and ON-DEMAND Classes!



Culture Of Fit is a leading global provider of corporate well-being programs.

We are friendly and motivational!!

