

*UPDATED CLASS

OFFERINGS:

JOIN WELL-U & INWARD OFFICE FOR VIRTUAL CLASSES!

The below classes are updated as of
6/29/2020.

*Classes will not be held on Friday 7/3 in
observance of Independence Day.



Please Note: Your mic will be muted so you will not be able to talk to the instructor. Feel free to use the chat box!

CLASS	MEETING LINK	DAY	TIME
Toning (Bethany)	www.inwardoffice.com/URMon730	Monday	7:30-7:55am
Morning Stretch (Bethany)	www.inwardoffice.com/URMon800	Monday	8:00-8:30am
Mat Yoga (Bethany)	www.inwardoffice.com/URMon12	Monday	12:00-12:45pm
Mat Yoga (Bethany)	www.inwardoffice.com/URTue12	Tuesday	12:00-12:45pm
Yoga Basics (Eileen)	www.inwardoffice.com/URTue430	Tuesday	4:30-4:55pm
Active Mat Yoga (Eileen)	www.inwardoffice.com/URTue500	Tuesday	5:00-5:30pm
Mat Yoga (Julie)	www.inwardoffice.com/URWed12	Wednesday	12:00-12:45pm
Ball self-massage(Sandra)	www.inwardoffice.com/URWed300	Wednesday	3:00-3:25pm
Chair Yoga (Sandra)	www.inwardoffice.com/URWed330	Wednesday	3:30-4:00pm
Mat Yoga (Sandra)	www.inwardoffice.com/URThu12	Thursday	12:00-12:45pm
Coffee Break Meditation (Eileen)	www.inwardoffice.com/URThu330	Thursday	3:30-3:55pm
Yoga for Deep Relaxation(Eileen)	www.inwardoffice.com/URThu400	Thursday	4:00-4:30pm
Yoga for the Back (Sandra)	www.inwardoffice.com/URFri11	Friday	11:00am-11:25am
Deskercise (Sandra)	www.inwardoffice.com/URFri1130	Friday	11:30am-12:00pm
Mat Yoga (Sandra)	www.inwardoffice.com/URFri12	Friday	12:00pm-12:45pm

*This class requires a tennis ball or a similar sized ball