

Visit our virtual [“Live Class Calendar”](#)  
for current class times.

## Your Week at a Glance

### Moderate Intensity Gold Members - Live High Intensity Boxing PWR!® Virtual Experience

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Live classes (60 minutes)		<b>High Intensity Boxing</b>		<b>High Intensity Boxing</b>	<b>High Intensity PWR!Moves</b>  <b>Specialty Class</b> (Pick one or both!)		
Pre-recorded classes	<b>Cardio PWR!Moves or PWR! Circuit</b>	Cardio, ideally before live class	Cardio	Cardio, ideally before live class		Cardio	
Cooldowns, stretching, mindfulness	<b>Yes</b>				Yes		Pick 1-2
Enrichment	Fundamentals		Fundamentals	Fundamentals		Fundamentals	
Other events			<b>Parkinson Disease Expert Seminar</b>				



Reminder!

All times listed are in Arizona Time. [What time is it in Arizona?](#)

- PWR!'s recommended priorities are in **bold**
- Extra challenges are in **blue**