

### Follow-along fitness videos coming Monday 3/30

Are you stuck at home and missing working out with MRD's fitness instructors? Beginning Monday, March 30th, MRD will be releasing fitness videos on the MRD YouTube page so that you can get an at home workout in led by some of MRD's Fit Zone instructors. We will be attempting to release videos following the schedule below, but feel free to watch any uploaded videos any day of the week.

Monday – Strength training with Veronica

Tuesday – Yoga with Kylie

Wednesday – Strength training with Candice

Thursday - Yoga, Pilates, or Neuro-muscular Re-education with Stanlee

Friday – Strength training/Sculpting with Veronica

Saturday - Zumba or hip-hop dance fitness with Ali\*\*

Videos will generally be between 10 and 20 minutes in length and require minimal equipment or items you have at home. Get in a nice short workout, or watch videos multiple times for a longer workout. Please be aware that the schedule above is subject to change based on technical issues uploading videos remotely and the health and wellness of our instructors and their families.

\*\*Saturday Zumba is still pending as we are looking to find open source music that can be used without violating copyrights.