

# CURTIS HEALTH VIRTUAL ZOOM CLASSES



**COST: \$25/MONTH**

- APPROX 15 CLASSES PER WEEK
- A VARIETY OF FORMATS INCLUDING:
  - ZUMBA, YOGA, STRENGTH & CONDITIONING, CARDIO, ETC.
  - 5 STRETCH BREAKS
  - 3 MEDITATION BREAKS

**CLASS SCHEDULE, DESCRIPTIONS, INSTRUCTOR BIOS, FAQ'S AND MORE [HERE](#)**

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