

Tired of working out on your own? Looking for a bit more motivation and guidance?

The Curtis Health Online Group Fitness Class Schedule has something for everyone.

Join us for 45-minute Zoom classes – live and led by dynamic and experienced Certified Group Fitness Instructors. If you are looking for community and want to receive form feedback, feel free to share your video. Feeling shy? That's ok, no video necessary. Staff will receive unlimited access to a variety of classes including:

Total Body Conditioning

Yoga

HIIT

Zumba®

Abs and Core

Meditation & Stretch Breaks

Classes are multi-level so everyone can enjoy a safe and effective workout. Curtis Health Instructors are certified, experienced, professional, personable, and dedicated to your success

Search 'Virtual Fitness' on the [LearningHub](#) to register.

Class schedule and registration links will be sent out the first week of the month



Email healthpromotion@phsa.ca if you have any
questions

