

Sheila Hamilton Movement Garden Virtual Schedule Spring 2024

Red = Starting Out Green = All Levels Orange = A Notch Up Purple = Instructor Permission Required

Register for classes using MindBody on your phone app or browser, or use the direct links. Sign in 5-10 minutes before class please.
If the links do not work for some reason please scroll down to see the Zoom Meeting ID and password is always: **kettlebell** Of course!

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
16 a.m.	00						
	15						
	30						
	45						
7 a.m.	00	VIRTUAL MORNING STRENGTH AND MOBILITY Lyndsay			VIRTUAL MORNING STRENGTH AND MOBILITY Lyndsay		
	15						
	30						
	45						
8 a.m.	00	VIRTUAL BODYWEIGHT Lyndsay		VIRTUAL FUNCTIONAL STRENGTH Sheila		VIRTUAL TOTAL BODY TRAINING Lyndsay	
	15						
	30						
	45						
9 a.m.	00						
	15	VIRTUAL KETTLEBELL CONDITIONING Lyndsay		VIRTUAL MOBILITY, CORE AND STRENGTH Sheila	VIRTUAL GROW YOUR STRENGTH Lyndsay + Sheila	VIRTUAL KETTLEBELL CONDITIONING Sheila	VIRTUAL FUNCTIONAL STRENGTH Sheila
	30						
	45						
10 a.m.	00						
	15						
	30	VIRTUAL ADVANCED BACKSTRONG Lyndsay		VIRTUAL ADVANCED BACKSTRONG Sheila		VIRTUAL ADVANCED BACKSTRONG Sheila	VIRTUAL MOBILITY & CORE Sheila
	45						
11 a.m.	00						
	15						
	30						
	45						
12 p.m.	00						
	15						
	30						
	45						
1 p.m.	00						
	15						
	30						
	45						
2 p.m.	00						
	15						
	30						
	45						
3 p.m.	00						
	15						
	30						
	45						
4 p.m.	00						
	15						
	30						
	45		MOVEMENT LONGEVITY Lynday				
5 p.m.	00						
	15						
	30						
	45						
6 P.M.	00						
	15						
	30						
	45						

CLICK ON ANY CLASS TO ACCESS THE ZOOM LINK

Group Skill Levels

Red Starting Out

Everybody is welcome and best for anyone overcoming pain or injury, or new to fitness.

All Levels

For anyone with no current acute pain or injury that would prevent them from performing exercise. Has an understanding of basic movements (planks, deadlift, squat).

Pick It Up a Notch

No current pain or injury. Has familiarity with basic skills and has a capacity to work at a moderate intensity when required or modify to suit your fitness level.

Instructor Permission Required

These classes assume a background knowledge of the movement patterns and basic skills in order to maintain a pace suitable for experienced clients. Please ask Sheila or Lyndsay if this class is suitable for you before jumping in.