

## Sheila Hamilton Movement Garden Virtual Schedule Fall 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	<a href="#">VIRTUAL MORNING STRENGTH AND MOBILITY</a> <a href="#">Lyndsay</a>			<a href="#">VIRTUAL MORNING STRENGTH AND MOBILITY</a> <a href="#">Lyndsay</a>		
	15						
	30						
	45						
8 a.m.	00	<a href="#">VIRTUAL BODYWEIGHT</a> <a href="#">Lyndsay</a>		<a href="#">VIRTUAL FUNCTIONAL STRENGTH</a> <a href="#">Sheila</a>		<a href="#">VIRTUAL TOTAL BODY TRAINING</a> <a href="#">Lyndsay</a>	
	15						
	30						
	45						
9 a.m.	00						
	15	<a href="#">VIRTUAL KETTLEBELL CONDITIONING</a> <a href="#">Lyndsay</a>		<a href="#">VIRTUAL MOBILITY, CORE AND STRENGTH</a> <a href="#">Sheila</a>	<a href="#">VIRTUAL GROW YOUR STRENGTH</a> <a href="#">Sheila</a>	<a href="#">VIRTUAL KETTLEBELL CONDITIONING</a> <a href="#">Sheila</a>	<a href="#">VIRTUAL FUNCTIONAL STRENGTH</a> <a href="#">Sheila</a>
	30						
	45						
10 a.m.	00						
	15						
	30	<a href="#">VIRTUAL ADVANCED BACKSTRONG</a> <a href="#">Lyndsay</a>		<a href="#">VIRTUAL ADVANCED BACKSTRONG</a> <a href="#">Sheila</a>		<a href="#">VIRTUAL ADVANCED BACKSTRONG</a> <a href="#">Sheila</a>	<a href="#">VIRTUAL MOBILITY &amp; CORE</a> <a href="#">Sheila</a>
	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		<a href="#">MOVEMENT LONGEVITY</a> <a href="#">Lynday</a>				
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.