

UNIPER FITNESS & MINDFUL MOVEMENT LEADERS!



Kala

**Chair Pilates and
Healing Frequencies**
Fridays
@ 6pm ET / 5pm CT



Maritza

**Steady Strides &
Uniper Walking Club**
Tues @ 10am ET / 9am CT
Weds @ 2pm ET / 1pm CT



Cesar

**Body Moves for
Better Health**
Mon, Thurs & Fri
@ 10am ET / 9am CT



Penny

Body Balance
Wednesday
@ 10am ET / 9am CT



Cristen

**Strength + Stretch &
Mindful Movement**
Fri @ 2pm ET / 1pm CT
Mon/Wed @ 6pm ET /
5pm CT



Ann

**Body Strong, Gentle
Fit & Body Fit**
Mon, Tues, Thurs
@ 2pm ET / 1pm CT



Ritu

**Gentle Chair
Yoga**
Tues & Thurs
@ 6pm ET / 5pm CT



Yana

**Morning Yoga &
Balance Training**
Every Weekday
@ 9am ET / 8am CT