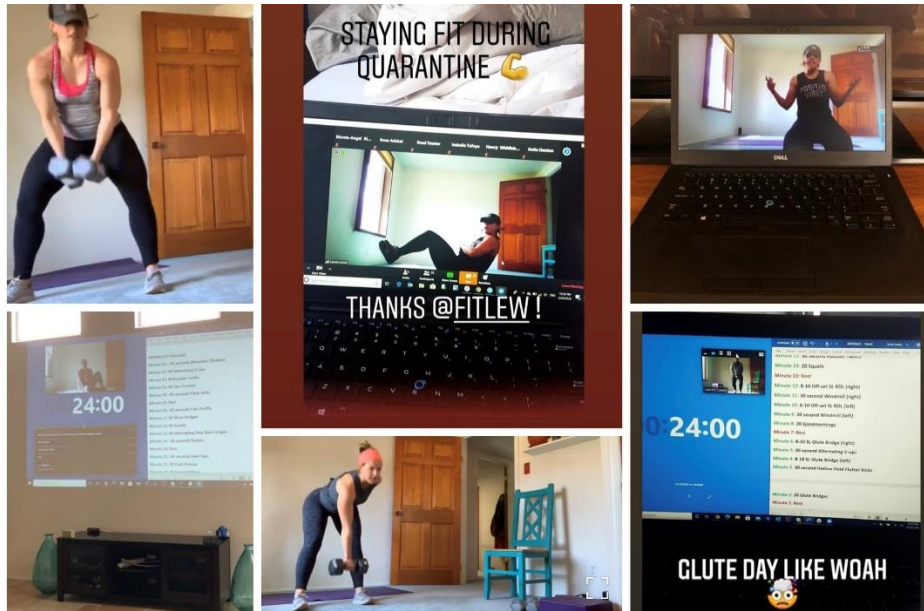# Lauren's ZoomFit Class! Spring 2021

Lauren Lewis, Employee Wellness health education consultant and personal trainer, is back for Spring 2021 with her ZoomFit classes! The schedule has changed, but Lauren is still bringing the same fun fitness you saw in 2020!

Classes will be held Monday, Wednesday and Friday, noon-1pm (starting January 11). You can expect plenty of circuit-style training that will work your strength and cardio. No equipment is necessary – just the Zoom link, some floor space and YOU! Email Lauren at lclewis@unm.edu if you want to be included on the Zoom calendar invite list. A Zoom link will be sent to you each morning before class.

Schedule and Class Descriptions
Each class begins with a warmup and I give modifications for all fitness levels!

Monday – Let's Work!
This class is all about setting the clock and getting in as much work as possible. We all move at our own pace, but the clock doesn't stop! Strength and cardio exercises will be performed to achieve a total body workout. This class proves you can get a lot done in a short period of time if you stay focused and put in the work!

Wednesday – Strength Sesh
Join me for a complete, total body strength session (sesh). You will get little bursts of cardio in this class, but our main purpose will be strength training. If you have weights, great, but no equipment is required. We'll perform all sorts of strength movements for the lower body, upper body, glutes and core!

Friday – Tabata and Mobility
Let's get the heart rate up and a little sweat going in the first part of this class with a series of Tabatas (interval training with 20 seconds of work/10 seconds of rest). Then, we'll kick off our shoes and spend the remainder of the class working on our mobility with gentle stretches and movement. You can drop in for the entire class or just do part of the class depending on what you want that day – Tabata or mobility. Either way, it will be a nice way to end the week!