



FITNESS CLASS SCHEDULE

Registration is free, \$5 donation/class encouraged,
times in EST



FRIDAY 7/10

9 AM

Yoga with Komera • [Add to calendar](#)

This session will be a great way to kick off our weekend of activity with our team in Rwanda! Join our yoga class led by Komera team member Ruth and Komera staff who have been trained in yoga certification by our friends at SoulJourn Yoga!

10 AM

Yoga Sculpt with Mikel • [Add to calendar](#)

This class will absolutely engage your whole body as they combine elements of stretching and balance with cardio and muscular training. Join Mikel for non-stop movement to the beat of music while working on muscular endurance with cardio movements thrown in!

11 AM

Circuit Training with Morit of FORM FITNESS • [Add to calendar](#)

Morit, a leader in the body positive fitness movement, will be hosting an incredible circuit training body-weight class! Morit's training studio in Brooklyn Heights, FORM FITNESS, believes anyone can learn to build strength and move well! Learn more [here!](#)

1 PM

Pilates with Tasha Franken • [Add to calendar](#)

Join Tasha Franken - fashion model, certified health coach, and pilates instructor - as she leads you through one of her #MoveWithTash sessions that are designed for EVERY body to do any where, any time, with minimal equipment and space. Get ready for a quick and effective session to tone and create long and lean muscles!

4 PM

Runner Self Defense with Train Your Roar • [Add to calendar](#)

This session is a vital kick-off to a weekend of running! Our friends at Train Your Roar will host a very important training about empowerment, safety, and self-defense to help runners recognize potential violence and respond appropriately. They will demonstrate basic tools for how to fight back and practice how to use our voices and posture to protect ourselves!

5 PM

Yoga with Marco of Marco Yoga • [Add to calendar](#)

This class will be an inward journey using the science of Raja Yoga. Explore Sun Salutations with bandhas and ujjayi breath with poses held to explore expansion and extension while incorporating principles of precision and alignment. The teach adjusts to the individual inviting everyone into the experience of sukha. Click [here](#) for more information.

SATURDAY 7/11

9 AM

Meditation with Catie of Prezence • [Add to calendar](#)

Join special guest, [Catie Macken](#), international yoga and meditation teacher + Chief Marketing Officer of [Prezence](#), for an uplifting meditation to center your day. Techniques will include pranayama (breathwork) and guided visualization to nurture your relationship to yourself.

11 AM

Peloton Class with Margaret Butler • [Add to calendar](#)

Ride with Komera Founder, Margaret, and Komera supporters all over the world on your Peloton bike! Join the [30 min HIIT and Hills Ride](#) from where ever you are and unite with fellow Komera riders using the #VirtualHigh5k hashtag!

2 PM

HIIT with Alon Powers • [Add to calendar](#)

Alon uses his own story of fitness transformation as motivation for each of his training sessions! Join him for a fast and effective HIIT class revolved around mobility and functional movements followed by a quick cooldown to finish the session!

SUNDAY 7/12

9 AM

Yoga with Jordan of SoulJourn Yoga • [Add to calendar](#)

Join Jordan as she uses heat and strength to build in the practice and lead the group into the fearless part of our being with the integration of the spiritual aspects of yoga. You'll leave this class feeling inspired after loads of sun salutations and challenging movements that will take you around your mat and deep into your mind!

2 PM

Fitness Class for Families with Becca • [Add to calendar](#)

Bring the whole family to this fun family friendly movement session with Becca Tolkoff, group fitness instructor, [power rowing teacher](#), and mom of four. Prepare to move, laugh, and engage with your family in this fun and functional workout! No equipment required, but bring water. To learn more about her women's empowerment and sports stories, follow her [here](#).

4 PM

Yoga with Eliza • [Add to calendar](#)

Tune in for an amazing Vinyasa Flow session with our friend Eliza! This class will be a dynamic yoga flow focused on a physical and energetic purification followed by a simple body scan meditation – a great way to recenter and relax after your day!

[REGISTER HERE!](#)