

2021 Spring/Summer Farm Fitness Calendar				Inquire before attending a fitness class as spots are limited to adhere to social distancing guidelines.			
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6-8am		6:30-7:30am PopUp Cardio, Tone Clubhouse Shelter					
8-12pm	8:15-9:15am PopUp Cardio, Tone Clubhouse Shelter				8:30-9:30am PopUp Cardio Clubhouse Shelter		
		9-10am Power Flow Upper Shelter		9-10am Power Flow Upper Shelter		9-10am Iyengar Yoga Zoom Online	9-10am Power Flow Upper Shelter
						11:30-12:30pm Iyengar Yoga Yoga Room	
12-5pm				3-4pm Adult Yoga w/ Kat Clubhouse Shelter			
		4:30-5:30pm Teen Conditioning Upper Shelter					
5-7:30pm		5-6pm PopUp Cardio & Tone Clubhouse Shelter					
		5:30-6:30pm Farm Kids on the Move Lower Shelter	5:30-6:30pm Farm Kids on the Move Lower Shelter	5:30-6:30pm Farm Kids on the Move Lower Shelter			
	6:30-7:30pm Tai Chi Clubhouse Shelter		6-7pm Total Body Conditioning Club House Shelter				

We hope that you will join us!

[Please follow our social media pages!](#)

UNC Farm Fitness on Facebook and Instagram
for updates on all programs and information
about our Farm Virtual Fitness Opportunities.

[Please visit the Farm Website at https://uncfarm.org/fitness-program/](https://uncfarm.org/fitness-program/)
for detailed descriptions of all classes and staff bios.

During Spring Months, please email instructor if you are interested
in any of the programs listed on the Farm Fitness Calendar:

[PopUp Cardio, Tone & Core with Katie Corely- katie@popupworkout.com](mailto:katie@popupworkout.com)

[Tai Chi with James Sutton- scepticusg@gmail.com](mailto:scepticusg@gmail.com)

[Iyengar Yoga with Carolyn- carolynlee08@icloud.com](mailto:carolynlee08@icloud.com)

[Adult Yoga with Kat- k.yogavou@gmail.com](mailto:k.yogavou@gmail.com)

[Teens Conditioning with Hannah- hannahs0323@gmail.com](mailto:hannahs0323@gmail.com)

[PowerFlow with Gina- nelsongr99@yahoo.com](mailto:nelsongr99@yahoo.com)

[Total Body Conditioning with Lauren- carolinafitness15@gmail.com](mailto:carolinafitness15@gmail.com)

[Farm Kids on the Move with Adeline adlinedorough@gmail.com](mailto:adelinedorough@gmail.com)

[Please email Bekah Ryan, Director of Farm Fitness with any questions](#)

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