

# RECOVERY FITNESS

SOBER LIVING THROUGH FITNESS

## FACEBOOK LIVE FEED VIRTUAL CLASSES WEEKLY SCHEDULE: WEEK OF 4/6/20

### DAILY FB Live Feeds

- 7:30 AM** Life on the Run: Lessons from the Road with Jon (7 Days/Wk)
- 11 AM** Daily Meditation for Uncertain Times with Brian (7 Days/Wk)
- 12 PM** Where's My Intention? with Keirstan (Mon-Fri)
- 2 PM** Outrageous Openness book discussion with Chelsea (Mon-Fri)
- 3 PM** Body & Brain Gainz Virtual Workout with Lisa (Mon-Fri)
- 5:30 PM** Nightly Reflections with Yana! (7 Days/Wk)

### 1x/Week FB Live & Zoom

- Monday**  
**9:45 AM** Positive & Productive with Lisa from Southern Tier\*\*
- Tuesday**  
**9:30 AM** Strong and Fit with Brandon! (Quarantine Edition)
- Wednesday**  
**6:30 PM** Social Zooming Hour!  
Meeting ID: 202-197-303
- Thursday**  
**6 PM** Mindful Yoga with Karen from Southern Tier
- Saturday**  
**9 AM** BQ Saturday Morning Workout (On FB Live!)
- Sunday**  
**2 PM** Get Write with Lisa from Southern Tier\*\*

*\*\*Join FB Live Feed and join Zoom Hangout after (Log-in info given during Live Feed)*

*Note: Please check our Facebook page for updates, time changes and any other last minute changes or cancelations (<https://www.facebook.com/recovery/>). All FB Live Feeds will be available for replay on our page and uploaded to our web site at: [www.recoveryfitness.org](http://www.recoveryfitness.org)*

If you are in need of additional information or connection to recovery services,  
Please contact us at [mail@recoveryfitness.org](mailto:mail@recoveryfitness.org) or (585) 622-4975

#getbusyliving