



annapolis

recreation & parks

Healthy Living Starts Here.

PMRC Fitness Instructor Virtual Workouts

If you have any questions, please email Jennifer Jennings at jmjennings@annapolis.gov.

Aimee Seal

[Aimee Seal Facebook](#) (you will have to send her a **Friend request** but the following link is public):

- [Slow Flow Yoga \(70 minutes\) Yoga on the Creek](#)

Nicole Meidinger

[YouTube Fitness Videos](#):

- [Upper Body Sculpt with Light Weights \(20 minutes\)](#)
- [Booty Burner \(9 minutes\)](#)
- [Core Workout with Mini Resistance Band \(10 minutes\)](#)
- [Lower Body with Mini Band \(10 minutes\)](#)

Penny Wardell

[Fitness on Facebook](#) (you will have to send her a **Friend request** but the following links are public):

- [Workout in the Woods](#)
- [Full Body Workout](#)
- [Time to Work your Booty](#)
- [Time to Breathe](#)

Stacey Minich Oliff

Livestream workouts on [Stacey's Facebook page](#) (you will have to send her a **Friend request**):

- Mondays, 8 am, Turn Back the Clock
- Wednesdays, 8 am, HIIT (45 minutes)
- Fridays, 8 am, Turn Back the Clock

Barbara Devitt

Livestream workouts held via Zoom! Go to [Barbara's Facebook page](#) then to Messenger to send her a request for the Zoom class codes.

- Fridays, 12 pm, Lunch Time Gentle Yoga
- Sundays, 10 am, Yin/Yin Yoga

Beth Ross

Beth shared this YouTube video [Pilates, Build Lean Muscle Tone + Burn Fat \(40 Min\)](#) by Dynamic Pilates

Leslie Davis

Livestream Zumba® workouts! Click on the date and time to sign up for those classes:

- [Monday, July 13 at 6:30 pm](#) – student code "PIP713"
- [Monday, July 27 at 6:30 pm](#) – student code "PIP727"