



# LIVE SESSIONS ALL MONTH LONG

Join CTA's onsite fitness coach, Brandon Matanick, each week for a specially themed movement session. Click on a session below to register in advance.\*

## **Live Boot Camp 7.6.21**

30-Minute Exercise Circuit

[Register at tinyurl.com/53e7abp7](https://tinyurl.com/53e7abp7)

## **Live Stretch 7.12.21**

30-Minute Stretch Session

[Register at tinyurl.com/edjrstnj](https://tinyurl.com/edjrstnj)

## **Live Modified Boot Camp 7.19.21**

30-minute Modified Exercise Circuit

[Register at tinyurl.com/hzckcfua](https://tinyurl.com/hzckcfua)

## **Live Breathing and Meditation 7.26.21**

30-minute Breath and Meditation Session

[Register at tinyurl.com/389c6c26](https://tinyurl.com/389c6c26)

Email [wellnesscoach@transitchicago.com](mailto:wellnesscoach@transitchicago.com) with questions

\*Consult your doctor before participating in an exercise program.