



Here's what you need for Mary's Zoom Classes

H.I.I.T:

Recommended equipment:

- No equipment needed
- Consider having your water bottle and face towel nearby

HIIT Suggested Playlist:

https://music.amazon.com/userplaylists/5535c780a359473aa6a90c3b7718ef1asune?ref=dm_sh_sPDyQ3GmN7eF4149VXG6OwnHF

You're welcome to play your own music during class.
Just make sure your mic remains muted.

RIP FUSION:

Recommended equipment:

- Handheld Weights (variety of sizes, or barbells if preferred)
- Resistance Bands or Exercise Tubes (variety is ideal)
- Exercise mat for floorwork or use a beach towel
- Consider having your water bottle and face towel nearby

RIP Fusion Suggested Playlist:

https://music.amazon.com/user-playlists/8cf61383d9a94979852d415657e1f5bcsune?ref=dm_sh_FzIIS7JBoQqvt0Cl0VvZgcZB