

MONDAYS

Exercise with Susan – MONDAYS - 11:00 AM (40 minute class)

<https://us04web.zoom.us/j/3512996489?pwd=dWVwSkUzYTdmTERMa3lod1RGRm5GUT09>

Meeting ID: 761-7932-5046

Meeting Password: 4rVrG7

ZUMBA with Jane – MONDAYS - 11:30 am (45 minute class) yes you can join late if you are doing Susan's class

<https://us04web.zoom.us/j/2888394708>

Meeting ID: 288 839 4708 - Password zumba10

TUESDAY

WEIGHTS WITH STEPHEN - TUESDAYS AT 10:00 AM – (you can use soup cans or no weights at all)

Weights with Stephen (you can use soup cans or no weights at all) TUESDAY at 10:00 am

Meeting ID 601-513-8698- Password 8BcN2b

TAI CHI WITH RICHARD – TUESDAYS AT 11:00 AM

<https://us04web.zoom.us/j/74006126038?pwd=bVdZVkc3UXpXVlVMZHQ0d1dZMEFCZz09>

Meeting ID: 740 0612 6038

Password: 781315

WEDNESDAY

QIGONG WITH JOHANNA – WEDNESDAYS AT 9:30 AM

<https://us02web.zoom.us/j/3889669646>

Meeting ID: 388 966 9646 (NO PASSWORD)

ZUMBA with Jane – WEDNESDAY at 11:30 am (45 minute class)

<https://us04web.zoom.us/j/2888394708>

Meeting ID: 288 839 4708 - Password zumba10

THURSDAY

QiGong with Johanna THURSDAY AT 11:30 am

<https://us02web.zoom.us/j/3889669646>

Meeting ID: 388 966 9646 (NO PASSWORD)

WEIGHTS WITH STEPHEN – THURSDAY EVENING AT 6:00 PM (you can use soup cans or no weights at all)

Meeting ID 601-513-8698 – Password 8BcN2b

FRIDAY

ZUMBA with Jane – **FRIDAYS at 11:30 am (45 minute class)**

Join Zoom Meeting

<https://us04web.zoom.us/j/2888394708>

Meeting ID: 288 839 4708 - Password zumba10