

VIRTUAL CLASSES MEETING ID NUMBERS

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Cardio, Weights, & Abs 9:30 Michele ID: 949-5198-5869	Stretch & Tone 4 VITALITY 7:15 Juanita ID: 121-826-366	Cardio, Weights, & Abs 8:30 Michele ID: 266-319-488	Stretch & Tone 4 Vitality 7:15 Juanita ID: 334-211-809	Spartacus 7:00 Mike ID: 947-299-975	Power Yoga 8:30 Kristen ID: 590-935-114
Pilates 10:30 Michele ID: 634-381-331	Body Sculpt 8:15 8:15 Alan ID: 156-828-422	Pilates 10:30 Kristen ID: 343-331-407	Core, Flex & Balance 8:15 Kristen ID: 325-105-136	Total Body Conditioning 8:15 Jeanne ID: 802-906-244	
Zumba 11:00am Victor ID: 940-8335-2044	Vinyasa Flow 9:30 Kristen ID: 682-718-614	Zumba 11:00am Victor ID: 921-5342-3833	Gentle 1 Yoga 9:30 Kristen ID: 940-775-137	Spartacus 9:00 Michele ID: 770-201-068	
Cardio/Sculpt 11:45 Mike ID: 191-589-259	Gentle 1 Yoga 10:30 Kristen ID: 304-983-986	Cardio/Sculpt 11:45 Mike ID: 539-789-614	Gentle Yoga 2 10:30 Heather ID: 541-837-274	Cardio & Strength 10:00 Mike ID: 313-259-521	
Cardio & Strength 12:40 Mike ID: 780-838-817	Gentle 2 Yoga 11:45 Kristen ID: 877-376-845	CHAIR Strength, Balance, & Flex 3:00 Juanita ID: 433-240-674	Gentle 1 Yoga 11:45 Heather ID: 808-084-011	Zumba 11:00am Victor ID: 991-4944-0327	
CHAIR Strength, Balance & Flex 3:00 Juanita ID: 543-786-053	C.S.I. Adrienne 1:00 ID: 129-079-184	20-15-10 6:00 Juanita ID: 148-184-129	Meditation & Breath Work 1:00 Heather ID: 770-436-976	CHAIR Strength, Balance & Flex 11:45 Juanita ID: 813-693-755	
Circuit Charge 6:00 Juanita ID: 576-667-366	Flow Yoga Pious 5:30 ID: 573-097-440	Gentle Yoga/Meditation 7:00 Juanita ID: 809-404-017	Adaptive Yoga 2:15 Cecelia ID: 226-385-346		
	Yin Yoga 6:45 Pious ID: 792-705-223		Flow Yoga Pious 5:30 ID: 647-536-955		
			Yin Pious 6:45 ID: 771-958-165		

LAND CLASSES FOR AQUA PEOPLE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Cardio/Strength for Aqua - Level 2 8:30 Michele ID: 339-182-523	Cardio/Strength for Aqua - Level 1 8:30 Sara ID: 676-963-377	Cardio/Strength for Aqua - Level 3 8:30 Jeanne ID: 359-358-187	Cardio/Strength for Aqua - Level 1 8:30 Sara ID: 675-228-496	Cardio/Strength for Aqua – Level 2 8:30 Adrienne ID: 172-356-798
Cardio/Strength for Aqua - Level 2 9:30 Adrienne ID: 848-872-144	Cardio/Strength for Aqua - Level 3 9:30 Michele ID: 305-764-394	Cardio/Strength for Aqua - Level 3 9:30 Michele ID: 981-493-448	Cardio/Strength for Aqua - Level 3 9:30 Michele ID:819-396-131	Cardio/Strength for Aqua – Level 1 9:30 Adrienne ID: 989-459-011