<table>
<thead>
<tr>
<th>Time</th>
<th>Meeting ID</th>
<th>Password</th>
<th>Zoom link</th>
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<tbody>
<tr>
<td>5:45 - 6:25 AM</td>
<td>846 0459 5835</td>
<td>680713</td>
<td><strong>CLICK TO JOIN CLASS</strong></td>
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<tr>
<td>9:00 - 9:45 AM</td>
<td>823 4251 5714</td>
<td>476761</td>
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<tr>
<td>10:00 - 11:00 AM</td>
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<td>469986</td>
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<tr>
<td>6:30 - 7:30 PM</td>
<td>817 6935 5280</td>
<td>ZumbaT630</td>
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<tr>
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<td>842 2109 4479</td>
<td>640341</td>
<td><strong>CLICK TO JOIN CLASS</strong></td>
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</tbody>
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**CAN’T MAKE IT TO A CLASS?**
Click the buttons on the right for a library of on demand and previously recorded classes.

**Click here for videos in our private Facebook group**
**Click here for videos on our YouTube page**
### HEALTH & WELLNESS

**CARDIO FUSION**
This class will feature a cardio workout with a little muscle blast and cool down, or interval training.

**PIYO**
This class offers a unique blend of Pilates and yoga and is designed to strengthen the core, improve muscle tone, and increase flexibility.

**CHAIR YOGA**
This class is designed for all ages, fitness levels, and body types. Reap the benefits of yoga without having to move up and down off of the floor. Using the chair, yoga poses become more accessible. Learn proper mechanics and achieve relaxation during this safe, effective, and fun practice.

**TRX**
Using TRX Suspension Trainers we will leverage gravity and our own bodyweight to perform a variety of exercises developing strength, balance, flexibility, and core stability simultaneously.

**CORE AND MORE**
This class is designed for all ages, fitness levels, and body types. Reap the benefits of yoga without having to move up and down off of the floor. Using the chair, yoga poses become more accessible. Learn proper mechanics and achieve relaxation during this safe, effective, and fun practice.

**YOGA**
Quiet the mind and relax the body. A practice designed for all fitness levels and a gentle way to experience a yoga practice.

**GENTLE YOGA**
In this class, we will focus on stretching postures, gentle flows and breathing techniques that release stress, reduce tension and promote relaxation through calm, meditative approach to the practice.

**ZUMBA**
Combining high-energy motivational music with unique moves and combinations that allow participants to dance away their stress! No dance experience needed.

**GENTLE POWER**
Increase muscular strength and range of movement. Use hand weights, tubing, a ball, and a chair for seated/standing support. Get stronger while having fun.

**ZUMBA GOLD**
Burn calories and keep your heart strong with this joint-friendly workout. Routines are designed to increase heart rate and provide a great workout without high impact.

**PILATES FUSION**
This class offers a unique blend of Pilates and Yoga designed to strengthen the core, improve muscle tone, and increase flexibility.

### ACTIVE OLDER ADULTS

**FIT 4 LIFE**
Designed with beginners, Active Older Adults, and those with mobility challenges in mind. This class begins with a low-impact, joint-friendly cardio routine followed by strength exercises, and ends with a series of stretches to enhance flexibility and range of motion.

**SILVER SNEAKERS: CLASSIC**
Increase muscle strength, range of movement, and improve activities for daily living. Use a chair for seated exercises and standing support. Your instructor can modify the exercises for your fitness level.

**LO IMPACT**
Burn calories and keep your heart strong with this joint-friendly workout. Routines are designed to increase heart rate and provide a great workout without high impact.

**SILVER SNEAKERS: ENERCHI**
Perform modified Tai Chi forms in a slow, flowing sequence to progress balance and focus. A chair is recommended for standing support.