



**Fitness & Sports  
Performance**

**Group Fitness Class Schedule on ZOOM**

**Beginning Monday, April 27, 2020**

All of our classes will be streamed live on Zoom. Zoom is a cloud-based video conferencing service you can use to virtually meet with others - either by video or audio-only or both. The desktop app is available for Windows and macOS, while the mobile app is available for Android and iOS. Most of these classes will not require any special equipment and can be done at home wherever space allows. You can join a meeting by clicking on any of the links in the schedule, or by following these simple instructions:

1. Go to [Zoom.us](https://zoom.us)
2. Click the "Join a Meeting" tab. You can find the tab on the top right corner of the homepage
3. When prompted, add your designated Meeting ID. The Meeting ID is provided on the schedule.
4. You're in!

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>9:00 am</b> Cycle w/Alex <a href="#">Click Here</a>	<b>9:30 am</b> Pilates w/Hali ZOOM ID: 726 478 6057 Password: 247475 <a href="#">Click Here</a>	<b>9:30 am</b> Yoga w/Ann ZOOM ID: 521 783 5035 <a href="#">Click Here</a>	<b>9:00 am</b> Advanced Cardio Sculpt w/Alex <a href="#">Click Here</a>	<b>9:30 am</b> Cardio Sculpt w/ Joanne ZOOM ID: 450 304 4358	<b>8:00 am</b> Zumba w/Sally ZOOM ID: 734 2194 7753 Password: zumbasally <a href="#">Click Here</a>	<b>9:30 am</b> Body Sculpt/ Kickboxing w/Sue ZOOM ID: 852 1530 2109 <a href="#">Click Here</a>
	<b>5:30 pm</b> Zumba w/Krista ZOOM ID: 889-756-9219 Password: 705925 <a href="#">Click Here</a>	<b>5:30 pm</b> Rock Solid w/Janice ZOOM ID: 937-4761-6313 <a href="#">Click Here</a>	<b>5:30 pm</b> Zumba w/Krista ZOOM ID: 889-756-9219 Password: 705925 <a href="#">Click Here</a>	<b>5:30 pm</b> Rock Solid w/Janice ZOOM ID: 975-7800-9109 <a href="#">Click Here</a>		
	<b>6:00 pm</b> Metabolic Training w/John ZOOM ID: 397-090-3441		<b>6:00 pm</b> Metabolic Training w/John ZOOM ID: 397-090-3441		<b>4:00 pm</b> Metabolic Training w/John ZOOM ID: 397-090-3441	<b>10:00 am</b> Metabolic Training w/John ZOOM ID: 397-090-3441