

SPRING 2026

**OLLI Zoom
Class Recordings**

Course Schedule + Recording Links



OLLI
Osher Lifelong
Learning Institute



***This class has been recorded.**

Class: **Flexible and Fit (Section 1)** **REC**

SKU: SprCFIT1201

Instructor: **Trina Long** | Instructor Email: trinalongolli@gmail.com

Date and Time: **Mondays and Wednesdays, February 2 – March 18 at 9:00 AM to 9:50 AM** | Sessions: **13**

*Class Dates: **2/2, 2/4, 2/9, 2/11, 2/18, 2/23, 2/25, 3/2, 3/4, 3/9, 3/11, 3/16, & 3/18.**

*No class: **2/16**

***Note:** ☒ **If your class recording doesn't start right away, please fast forward to the desired content.**

***Tip:** Click on the text in the Audio Transcript column to jump directly to that part of the recording/class discussion.

Things to Remember...

- Please wait 24 hours after a class has ended before requesting a class recording be sent to you.
- The course Zoom link that you use to join a live class Zoom meeting is not the same as the class recording link(s) we send to registered participants after class.
- Available class recordings are below. **Each individual class recording will expire after 30 days.**

Class Recordings:

- 1) Session: **1** of **13** | *Class Date: **2/2** *Recording Expires: **Wednesday, 3/4/26 at 11:59 PM**
→ Class Zoom Recording Link: [Click Here to Watch!](#)
- 2) Session: **2** of **13** | *Class Date: **2/4** *Recording Expires: **Friday, 3/6/26 at 11:59 PM**
→ Class Zoom Recording Link: [Click Here to Watch!](#)
- 3) Session: **3** of **13** | *Class Date: **2/9** *Recording Expires: **Wednesday, 3/11/26 at 11:59 PM**
→ Class Zoom Recording Link: [Click Here to Watch!](#)
- 4) Session: **4** of **13** | *Class Date: **2/11** *Recording Expires: **Friday, 3/13/26 at 11:59 PM**
→ Class Zoom Recording Link: [Click Here to Watch!](#)
- 5) Session: **5** of **13** | *Class Date: **2/18** *Recording Expires: **Friday, 3/20/26 at 11:59 PM**
→ Class Zoom Recording Link: [Click Here to Watch!](#)
- 6) Session: **6** of **13** | *Class Date: **2/23** *Recording Expires: **Wednesday, 3/25/26 at 11:59 PM**
→ Class Zoom Recording Link: [Click Here to Watch!](#)
- 7) Session: **7** of **13** | *Class Date: **2/25** *Recording Expires: **Friday, 3/27/26 at 11:59 PM**
→ Class Zoom Recording Link: [Click Here to Watch!](#)
- 8) Session: **8** of **13** | *Class Date: **3/2** *Recording Expires: **Wednesday, 4/1/26 at 11:59 PM**
→ Class Zoom Recording Link: [Click Here to Watch!](#) 
- 9) Session: **9** of **13** | *Class Date: **3/4**
→ Class Zoom Recording Link: **Not Available Yet**
- 10) Session: **10** of **13** | *Class Date: **3/9**
→ Class Zoom Recording Link: **Not Available Yet**
- 11) Session: **11** of **13** | *Class Date: **3/11**
→ Class Zoom Recording Link: **Not Available Yet**
- 12) Session: **12** of **13** | *Class Date: **3/16**
→ Class Zoom Recording Link: **Not Available Yet**
- 13) Session: **13** of **13** | *Class Date: **3/18**
→ Class Zoom Recording Link: **Not Available Yet**

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Updated: 03.02.26

By: Brooklynn Bridges, OLLI Administrative Assistant