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| **Virtual Zumba classes (livestream) on Zoom** |
| Virtual classes in (Zumba, Strong Nation and Zumba Toning) are available with Sabrina and our ZCREW instructors. All classes are listed in local NM time, MST or MDT. To convert to your local time zone click [here.](https://www.thetimezoneconverter.com/)  Please sign-up on **[MindBody](https://clients.mindbodyonline.com/classic/ws?studioid=142573&stype=-7&sView=week&sLoc=0" \t "_blank)**.  \***THIS IS IMPORTANT**\***Zoom links are sent by FitGrid automatically to registered participants.** You sign up on MindBody and should receive the email with the link **1 hour before class** to the email address listed on your MindBody account. If you sign up anytime within the hour **before the class** (even 1 min before) you will get the link immediately...automatically.  To ensure that you get the emails in your inbox, [**please follow these steps**](https://admin-support.fitgrid.com/en/articles/3821257-ensure-live-stream-links-arrive-in-the-inbox) |