***Zoom Links to Classes***

***Monday***

Gentle Yoga with Suzanne from 11AM-12PM

<https://zoom.us/j/97002237832?pwd=UGFwbERvYlBiSEtTbUp0WGdpbXoyQT09>

Meeting ID: 970 0223 7832
Passcode: 664130

Deep Stretches with Sophia on Monday’s from 1PM-2PM

<https://zoom.us/j/93536528759?pwd=VHlUOVRwZXM4ZUJnU2ZqN2VKQkhJZz09>

Meeting ID: 935 3652 8759
Passcode: 064973

Sculpt Yoga with Sophia on Monday's from 4:30PM-5:30PM

<https://zoom.us/j/94535027945?pwd=UUdUeEpNWU93OGZKdDRDNlFScVZVZz09>

Meeting ID: 945 3502 7945
Passcode: 318004

Yin Yoga with Sophia on Monday's from 5:45PM-6:45PM

<https://zoom.us/j/99801578974?pwd=RTU4LzMwcE12RUY5SkZ2UVV4TW1mdz09>

Meeting ID: 998 0157 8974
Passcode: 049827

Yoga with Jeannie on Monday’s from 6PM-7PM

<https://zoom.us/j/93166787570?pwd=cE5mNGxjRjIvU2xvTkg1aVV4emwvdz09>

Meeting ID: 931 6678 7570
Passcode: 241010

La Blast with Sophia on Monday's from 7PM-8PM

<https://zoom.us/j/96663329324?pwd=S1dRQllRcmRvUHRsWXQvYUpzdmc5UT09>

Meeting ID: 966 6332 9324
Passcode: 613580

***Tuesday***

Basic Yoga with Suzanne on Tuesday's from 9:30AM-10:30AM

<https://zoom.us/j/98550204551?pwd=bFk5OU5wVG8xR3BnOWlVRVZBNU9mQT09>

Meeting ID: 985 5020 4551
Passcode: 854534

Total Body Workout with Rosalind from 5PM-6PM

<https://zoom.us/j/91905096195?pwd=MjEvNFN4NURHK0U4TFU0UERMOFdxdz09>

Meeting ID: 919 0509 6195
Passcode: 522434

Dance Fitness with Roseann from 6PM-7PM

<https://zoom.us/j/97634172121?pwd=d1FMVDlyUWhWcjVUbnIrN0tqM2dFQT09>

Meeting ID: 976 3417 2121
Passcode: 654699

LaBlast with Jaime on Tuesday’s from 7PM-8PM

<https://zoom.us/j/98707400991?pwd=Z21QWU8wa3NvZFFzWEh1Wm4zemtndz09>

Meeting ID: 987 0740 0991
Passcode: 857580

***Wednesday***

Tai Chi with Rosalind from 12PM-1PM

<https://zoom.us/j/95459716878?pwd=RmtUTWpnMThSbEora3RLNUl4MzRTUT09>

Meeting ID: 954 5971 6878
Passcode: 261029

Total Body Workout with Rosalind from 5PM-6PM

<https://zoom.us/j/93568147062?pwd=RUtlL0g5Z3JLSzBxdmNVa2VsSldXdz09>

Meeting ID: 935 6814 7062

Passcode: 909201

Zumba with Anna on Wednesday’s from 6PM-7PM

<https://zoom.us/j/97829792587?pwd=c20zZVk0NWVMbXFnL1lobDJnbzZPUT09>

Meeting ID: 978 2979 2587
Passcode: 229796

Total Body Conditioning with Nikki on Wednesday’s from 7:15PM-8:15PM

<https://zoom.us/j/92105017741?pwd=bzAvUTNIUlEvZTJDSEF2dk9yNkk4QT09>

Meeting ID: 921 0501 7741
Passcode: 689940

***Thursday***

Stay Well with Jackie from 12PM-1PM

<https://zoom.us/j/98670956104?pwd=Z0dwQzVIWXNBUFNMa2d3ZTlCMkwvQT09>

Meeting ID: 986 7095 6104
Passcode: 617021

Yoga with Jeannie on Thursday’s from 6PM-7PM

<https://zoom.us/j/96404881300?pwd=OTU2MHZPd2lEdTdmaFdhdzk3czhuQT09>

Meeting ID: 964 0488 1300
Passcode: 317255

LaBlast with Jaime on Thursday’s from 7PM-8PM

<https://zoom.us/j/96395595368?pwd=OFZ2WVZyMUQxTzFsMTZpay8zVllLQT09>

Meeting ID: 963 9559 5368
Passcode: 666633

***Friday***

Yoga with Michelle on Friday’s from 9:30AM-10:30AM

<https://zoom.us/j/93928161073?pwd=ckNUNFZGV09leXdRL3liVlNnZXFKUT09>

Meeting ID: 939 2816 1073
Passcode: 079275

Yoga with Sophia on Friday’s from 1PM-2PM

<https://zoom.us/j/98695953203?pwd=VUtzVlI5ZlQvSS9DdFQzV1NEcUMzZz09>

Meeting ID: 986 9595 3203
Passcode: 559552

Restorative Yoga with Sophia on Friday’s from 4:30PM-5:30PM

<https://zoom.us/j/99599945520?pwd=Nzd0L0xrSXhYaFpaMWgrQVpQYVZOUT09>

Meeting ID: 995 9994 5520
Passcode: 815393

Pound Fit with Stacy on Friday’s from 5:30PM-6:30PM

<https://zoom.us/j/97068848384?pwd=TWpOS0FKVmMyZGovWFlFVVppT2x6UT09>

Meeting ID: 970 6884 8384

Passcode: 762981

Stretch & Meditate with Sophia on Friday’s from 5:45PM-6:45PM

<https://zoom.us/j/91245761766?pwd=UEJ4emVETTdXSGhHUUF4MlpBWFZqdz09>

Meeting ID: 912 4576 1766
Passcode: 484292

LaBlast with Sophia on Friday’s from 7PM-8PM

<https://zoom.us/j/96551805217?pwd=ZHBYREdLUmxFTzJ0UlBhTHo2RkY0dz09>

Meeting ID: 965 5180 5217
Passcode: 626116

***Saturday***

Total Body Workout with Jaime on Saturday’s from 10AM-11AM

<https://zoom.us/j/95427562898?pwd=MU5Tc2ZqK3dDZ09zWWxaUnlqdmNZZz09>

Meeting ID: 954 2756 2898
Passcode: 960695

Cycling with Jasmin on Saturday’s from 11AM-11:45AM

<https://zoom.us/j/96985348987?pwd=Q0ZLSkJuZUt2WjcveVNuZVNoWVd3QT09>

Meeting ID: 969 8534 8987
Passcode: 978489

***Sunday***

LaBlast with Jaime on Sunday’s from 9:30AM-10:30AM

<https://zoom.us/j/97644767670?pwd=WG44M2w2eVNOdUtPTUozbGZGL2RtZz09>

Meeting ID: 976 4476 7670
Passcode: 158038

Yoga with Michelle on Sunday’s from 9:45AM-10:45AM

<https://zoom.us/j/97849860450?pwd=WUJYbEFoNW1XcHY4aEdNcEpZeEVkUT09>

Meeting ID: 978 4986 0450
Passcode: 281400

Total Body Workout with Rosalind on Sunday’s from 11AM-12PM

<https://zoom.us/j/95366072501?pwd=cDdUQVNPY3RtSVZOR1hDZ0dMbTdaQT09>

Meeting ID: 953 6607 2501
Passcode: 088396

Tai Chi with Rosalind on Sunday’s from 12:15PM-1:15PM

<https://zoom.us/j/98946798106?pwd=ZkJSVFZUSGhpUjV6VkE4UXpZMVdGdz09>

Meeting ID: 989 4679 8106
Passcode: 578842