



## Virtual Workouts

Join coach Andrew for virtual workouts via the ZOOM meeting app. Andrew is a Spectrum resident and certified personal trainer, as well as a certified obstacle course trainer for Spartan Race. He will be hosting FREE 30-minute workouts every Thursday at 5pm LIVE starting on **4/9/2020**. The movements are tailored for beginners to advance. If you are new to working out this will be a great start, if you already have a routine; this will still make you break a sweat.

Things to have:

Towel  
Yoga Mat (if you have it) or a soft surface  
Water – Lots of water  
Good attitude

**Directions for joining on ZOOM. It is free!**

Click on the link and it will take you directly to the meeting.

<https://us04web.zoom.us/j/6624080799>

If you are using a tablet or phone, download the app via the Apple/Android store for FREE.

Then you will click on “join a meeting” then enter in code 662-408-0799.

Hope to see you all there.