

Day	Time	Class	Equipment	Meeting ID	Password
Mondays: October 4-18	12:00pm- 12:15pm	Midday Stretch	Chair	839 8096 3194	MonMOVE
Mondays: October 4-25	5:30pm-6:00pm	Werq	Nothing!	776 9781 2985	OctW3rq
Tuesdays: October 5-26	4:30pm-5:00pm	Yoga Stretch	Mat or towel	883 2808 7447	ReLaX!
Tuesdays: October 5-26	5:05pm-5:35pm	Cardio Burn	Mat or towel	811 5138 3186	CbCbCb!
Wednesdays: October 6-27	12:30pm- 12:45pm	Midday Move & Stretch	Chair	873 1404 7155	WedMOVE
Wednesdays: October 6-27	4:30pm-5:00pm	Absolute Arms	Mat or towel & something weighted (Dumbbells, soup cans, water bottles)	853 3195 3512	Aa2021!
Wednesdays: October 6-27	5:05pm-5:35 pm	Body Blast	Mat or towel & something weighted (Dumbbells, soup cans, water bottles)	836 0986 4528	OctBB21!
Wednesday October 6-27	6:30pm-7:00pm	Zumba®	Nothing!	861 8218 6180	PE852F
Thursdays: October 7-28	6:00am-6:30am	Glutes & Abs	Mat or towel & something weighted (Dumbbells, soup cans, water bottles)	850 6201 3397	GandA!
Fridays: October 1-29	11:30am- 11:45am	Midday Stretch	Chair	827 2530 3725	FriMOVE