

Day	Time	Class	Equipment	Zoom ID	Zoom Password
Mondays July 11-25	12:00pm-12:15pm	Monday Midday Stretch	Chair	811 3841 0018	MonMOVE
Mondays July 11-25	5:30pm-6:00pm	Werq	Nothing	736 0978 1426	JulWerq
Tuesdays July 5-26	4:30pm-5:00pm	Twenty with Tiffany	Mat/towel and something weighted (on occasion)	852 4520 3544	Twenty20
Wednesdays July 6-27 (No July 13)	12:30pm-12:45pm	Wednesday Midday Stretch	Chair	845 5573 6006	WedMOVE
Wednesdays July 6-27 (No July 13)	4:30pm-5:00pm	Crazy Cardio	Mat/towel and something weighted (on occasion)	895 7519 6933	CrazyJuly
Wednesdays July 6-27 (No June 13)	5:05pm-5:35pm	Body Blast	Mat/towel and something weighted (on occasion)	852 2052 7862	JulyBB
Thursdays July 7-28	6:00am-6:30am	Strength & Core	Mat/towel and something weighted (on occasion)	899 8508 5092	SCJuly22
Friday July 8-29 (No July 1 or 15)	11:30am-11:45am	Friday Midday Stretch	Chair	833 1052 9558	FriMOVE