HOW TO JOIN…

1. Click on “Join Now” by the class of your choice.
2. Enter the associated “Meeting Passcode” when prompted.

|  |  |  |  |  |  |  |  |
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|    | **CLASS** | **STARTS** | **ENDS** | **INSTRUCTOR** | **CATEGORY** | **CLICK TO JOIN CLASS** | **MEETING PASSCODE** |
| **MON** | BODYPUMP® | 5:15a | 6:15a | Liz | Strength | [Join Now](https://us02web.zoom.us/j/89667930915?pwd=RXBEODB0amtXMWRLdHhmcENuVWs4dz09) | **YMCA** |
| AOA Intervals | 9:15a | 10:00a | Sandy/Becky | Active Older Adult | [Join Now](https://us02web.zoom.us/j/84711503870?pwd=ZVRWRmRhYmM2d0RnUkRxQUJLRmg0QT09) | **YMCA** |
| Cardio Strength  | 12:15p | 1:00p | Jessica | Cardio Strength | [Join Now](https://us02web.zoom.us/j/84548854894?pwd=OUVFV0t0cUFKbVFNc1NUcU55OTcvQT09) | **YMCA** |
|  **TUES** | SilverSneakers®  | 10:00a | 10:45a | Brenda | Active Older Adult | [Join Now](https://us02web.zoom.us/j/86390098117?pwd=ak0rUW5xMmIxbHBZdlFtbDJlMGdWUT09) | **YMCA** |
| Zumba Gold® | 11:00a | 11:45a | Sharon | AOA Dance | [Join Now](https://us02web.zoom.us/j/83813801833?pwd=OFZHRnNVM2VyVEFYdFBlYmkzNW9DUT09) | **YMCA** |
| BODYPUMP® | 5:15p | 6:15p | Tammerrie | Strength | [Join Now](https://us02web.zoom.us/j/86320940929?pwd=cFJjK3JTOW02aVAyVWUrdXB6YXF3UT09) | **YMCA** |
| **WED** | BODYPUMP® | 5:15a | 6:15a | Liz | Strength | [Join Now](https://us02web.zoom.us/j/89667930915?pwd=RXBEODB0amtXMWRLdHhmcENuVWs4dz09) | **YMCA** |
| SilverSneakers®  | 9:15a | 10:00a | Sandy | Active Older Adult | [Join Now](https://us02web.zoom.us/j/84711503870?pwd=ZVRWRmRhYmM2d0RnUkRxQUJLRmg0QT09) | **YMCA** |
| Cardio Strength  | 12:15p | 1:00p | Jessica | Cardio Strength | [Join Now](https://us02web.zoom.us/j/84548854894?pwd=OUVFV0t0cUFKbVFNc1NUcU55OTcvQT09) | **YMCA** |
|  |  |  |  |  |  |  |
| **THURS** | SilverSneakers®  | 10:00a | 10:45a | Brenda | Active Older Adult | [Join Now](https://us02web.zoom.us/j/86390098117?pwd=ak0rUW5xMmIxbHBZdlFtbDJlMGdWUT09) | **YMCA** |
| Zumba Gold® | 11:00a | 11:45a | Sharon | AOA Dance | [Join Now](https://us02web.zoom.us/j/83813801833?pwd=OFZHRnNVM2VyVEFYdFBlYmkzNW9DUT09) | **YMCA** |
| BODYPUMP® | 5:15p | 6:15p | Tammerrie | Strength | [Join Now](https://us02web.zoom.us/j/86320940929?pwd=cFJjK3JTOW02aVAyVWUrdXB6YXF3UT09) | **YMCA** |
| **FRI** | SilverSneakers®  | 9:15a | 10:00a | Sandy | Active Older Adult | [Join Now](https://us02web.zoom.us/j/84711503870?pwd=ZVRWRmRhYmM2d0RnUkRxQUJLRmg0QT09) | **YMCA** |
| BODYFLOW®  | 12:15p | 1:00p | Jessica | Mind & Body | [Join Now](https://us02web.zoom.us/j/85623998808?pwd=NnFwS2hGRGdoR3BvaEl5UjJndXdnUT09) | **YMCA** |
| **SAT** | BODYPUMP® | 8:30a | 9:15a | Michelle | Strength | [Join Now](https://us02web.zoom.us/j/86326657489?pwd=SWwvS2hOTGc5dSt5TENyRnlqUnByZz09) | **YMCA** |
| BODYFLOW®  | 9:30a | 10:15a | Jessica | Mind & Body | [Join Now](https://us02web.zoom.us/j/82514392915?pwd=eHdjajdNUFEwQzF5SDF2SnlMa0twZz09) | **YMCA** |

\*Schedules will be released on a monthly basis