



Zoom Schedule For the Week of October 26th

Monday

Tai Chi With Joseph at 10am
Zoom ID: 895 8692 8817
Password: TAICHI

<https://us02web.zoom.us/j/89586928817?pwd=NTlwU00rSE1YQnBvcTdyS2o4MjNPZz09>

Exercise with Victoria at 11:15am

Zoom ID: 577 786 7766

Passcode: 6jgaTc

<https://us04web.zoom.us/j/5777867766?pwd=bmtqWkwyQWc0QktMcTRNVc90ekdpZz09>

Zumba with Andrea at 2:00pm

Zoom ID 757-851-7221
Password: Health

<https://us02web.zoom.us/j/7578517221?pwd=NllycWxGS2UzQnpU1piZWw5WnhGUT09>



Tuesday

Tai Chi with Maria at 10:00am

Zoom ID: 327 502 6011

Password: Dance

<https://us02web.zoom.us/j/3275026011?pwd=aFNENDRBVORGL1c2SkpYcC82VEhDQT09>

Exercise with Victoria at 11:15am

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Wednesday

Zumba with Darryl at 10am
Zoom ID 585-904-4510

<https://us02web.zoom.us/j/5859044510>

Exercise with Sheila at 11:30am

Zoom ID: 862 9802 7529

Passcode: 684796

<https://us02web.zoom.us/j/86298027529?pwd=ekE4dGNVUjluVXhIUHhKQk1pVjgzdz09>

Lois on The Piano at 12:15

Zoom ID: 797 8060 6587

Passcode: 9pY4hS

<https://us04web.zoom.us/j/79780606587?pwd=s3dTmM9hK3kwTUc2TWlGcEZDanRrZz09>

Total Body Strength with Lori at 1:00 pm

Zoom ID: 849 8747 0246

Passcode: 157180

<https://us02web.zoom.us/j/84987470246?pwd=TXBOdGc0Y0FkaGxjdWRaR2NRTzFWZz09>

<https://us02web.zoom.us/j/84987470246?pwd=TXBOdGc0Y0FkaGxjdWRaR2NRTzFWZz09>

Thursday

Tai Chi with Maria at 10:00am

Zoom ID: 327 502 6011

Password: Dance

<https://us02web.zoom.us/j/3275026011?pwd=aFNENDRBVORGL1c2SkpYcC82VEhDQT09>

Chair Yoga and Balance with Sandye at 11:00am

Zoom ID: 846 530 7100

Password: 7qaDqC

<https://us04web.zoom.us/j/8465307100?pwd=TmZ5b1QxNnFRSUV6R2020WhqUVpvQT09>

<https://us04web.zoom.us/j/8465307100?pwd=TmZ5b1QxNnFRSUV6R2020WhqUVpvQT09>

Total Body Fitness with Samantha at 1:00pm

Zoom ID: 310 676 5250

Passcode: 164559

<https://us04web.zoom.us/j/3106765250?pwd=ZWNTejFzVmFNVE1UdXQ2L3hrc0tTdz09>

<https://us04web.zoom.us/j/3106765250?pwd=ZWNTejFzVmFNVE1UdXQ2L3hrc0tTdz09>

Toning with Darryl at 2:00pm

Zoom ID: 585-904-4510

<https://us02web.zoom.us/j/5859044510>



Friday

Creative Writing with Jeri at 10:00 am

Zoom ID: 221 938 4215

Passcode: 0pX8nM

<https://us04web.zoom.us/j/2219384215>

The prompt for this week is: "Searching For Answers"

Exercise with Sheila at 11:30am

Zoom ID: 831 1177 3950

Password: 956969

<https://us02web.zoom.us/j/8311773950?pwd=SjZPZHU2b0V2SVhzTVBMBFJ4QWYydz09>

Movement for Flexibility with Stephanie at 1:00 pm

Zoom ID: 657 118 2276

Passcode: Happy2bme

<https://us04web.zoom.us/j/6571182276?pwd=Z28wVTNNaHRWYlC0dIV0eGZaY2ZQdz09>

<https://us04web.zoom.us/j/6571182276?pwd=Z28wVTNNaHRWYlC0dIV0eGZaY2ZQdz09>

