

Day	Time	Class	Equipment	Meeting ID	Password
Mondays: July 5-26	12:00pm- 12:15pm	Midday Stretch	Chair	819 4009 6322	MonMOVE
Mondays: July 5-26	5:30pm-6:00pm	Werq	Nothing!	716 2053 2172	W3rq1
Tuesdays: July 6-27	4:30pm-5:00pm	Tabata Tuesday	Mat or towel & something weighted (Dumbbells, soup cans, water bottles)	817 0737 8336	Tues!Tues!
Wednesdays: July 14-28	12:30pm- 12:45pm	Midday Move & Stretch	Chair	846 0338 3276	WedMOVE
Wednesdays: July 14-28	4:30pm-5:00pm	Cardio Burn	Mat or towel	838 1371 4990	CB2021!!
Wednesdays: July 14-28	5:05pm-5:35 pm	Body Blast	Mat or towel & something weighted (Dumbbells, soup cans, water bottles)	870 8266 1418	BodyBBBB!
Thursdays: July 1-29	6:00am-6:30am	Strength & Core	Mat or towel & something weighted (Dumbbells, soup cans, water bottles)	854 9123 5104	6amPARTY
Fridays: July 2-23 (NO 7/9)	11:30am- 11:45am	Midday Stretch	Chair	864 9216 4491	FriMOVE
Saturdays: July 10-31	9:00am-9:30am	Zumba®	Nothing!	816 6312 3793	SatZumba01