

Day	Time	Class	Equipment	Meeting ID	Password
Mondays: August 2-30	12:00pm- 12:15pm	Midday Stretch	Chair	847 5899 3375	MonMOVE
Mondays: August 2-30	5:30pm-6:00pm	Werq	Nothing!	752 4848 6946	W3rq01
Tuesdays: August 3-31	4:30pm-5:00pm	Tabata Tuesday	Mat or towel & something weighted (Dumbbells, soup cans, water bottles)	870 2860 4445	2010FUN
Wednesdays: August 4-25	12:30pm- 12:45pm	Midday Move & Stretch	Chair	869 9892 3124	WedMOVE
Wednesdays: August 4-25	4:30pm-5:00pm	Cardio Burn	Mat or towel	862 8527 6604	CBAug21
Wednesdays: August 4-25	5:05pm-5:35 pm	Body Blast	Mat or towel & something weighted (Dumbbells, soup cans, water bottles)	882 4505 3617	BB21Aug
Thursdays: August 5-26	6:00am-6:30am	Strength & Core	Mat or towel & something weighted (Dumbbells, soup cans, water bottles)	894 6712 9141	ZZZZAug
Fridays: August 6-27	11:30am- 11:45am	Midday Stretch	Chair	899 7768 3787	FriMOVE
Saturdays: August 7-28	9:00am-9:30am	Zumba®	Nothing!	842 4709 6906	ZumbaAug1