

<b>Day</b>	<b>Time</b>	<b>Class</b>	<b>Equipment</b>	<b>Meeting ID</b>	<b>Password</b>
Mondays: September 13 & 27	12:00pm- 12:15pm	<b>Midday Stretch</b>	Chair	<b>835 3813 1659</b>	<b>MonMOVE</b>
Mondays: September 13-27	5:30pm-6:00pm	<b>Werq</b>	Nothing!	<b>755 7896 9194</b>	<b>W3rqIt</b>
Tuesdays: September 7-28	4:30pm-5:00pm	<b>Yoga Stretch</b>	Mat or towel	<b>823 7556 5552</b>	<b>YogaST</b>
Tuesdays: September 7-28	5:05pm-5:35pm	<b>Cardio Burn</b>	Mat or towel	<b>878 9079 1834</b>	<b>Sweaty!</b>
Wednesdays: September 1-29	12:30pm- 12:45pm	<b>Midday Move &amp; Stretch</b>	Chair	<b>865 1265 5199</b>	<b>WedMOVE</b>
Wednesdays: September 8-29	4:30pm-5:00pm	<b>Absolute Arms</b>	Mat or towel & something weighted (Dumbbells, soup cans, water bottles)	<b>889 3735 4736</b>	<b>AA21!</b>
Wednesdays: September 8-29	5:05pm-5:35 pm	<b>Body Blast</b>	Mat or towel & something weighted (Dumbbells, soup cans, water bottles)	<b>822 2030 0266</b>	<b>BodyB!</b>
Wednesday September 8-29	6:30pm-7:00pm	<b>Zumba®</b>	Nothing!	<b>872 3965 4148</b>	<b>WedZumba21</b>
Thursdays: September 9 & 30	6:00am-6:30am	<b>Glutes &amp; Abs</b>	Mat or towel & something weighted (Dumbbells, soup cans, water bottles)	<b>871 7176 6931</b>	<b>EarlyAM!</b>
Fridays: September 10-24	11:30am- 11:45am	<b>Midday Stretch</b>	Chair	<b>870 9807 4047</b>	<b>FriMOVE</b>