

Live Stream Group Exercise Classes

Join us for group exercise classes live-streamed on Zoom. To access these classes, members must download the Zoom app, then enter the meeting ID number and password for the class. To see a list of the current classes and corresponding meeting ID's check the list below.

DOWNLOAD THE ZOOM APP

Live Stream Group Ex Classes:

**Please note- instructors will be manually admitting participants into live classes, so please log in a few minutes before class start time. Late participants may not be able to be admitted into class.*

**To ensure the safety of all participants, all members will be required to enter their name and email address upon entering a class. If your name is not displayed on your device or your Zoom account you will not be let into class.*

Sunday:

9:15am Cardio & Strength with Catherine

Meeting ID: 889 8806 4914

Password: **897400**

Join URL: [Zoom Class Link](#)

10:15am Pilates with Roni

Meeting ID: 885 3815 0703

Password: **451796**

Join URL: [Zoom Class Link](#)

Monday:

8:15am Barre with Martha

Meeting ID: 893 6844 0458

Password: **223719**

Join URL: [Zoom Class Link](#)

10:15am Chair Yoga with Mary Ann (Active Older Adults)

Meeting ID: 881 1861 3637
Password: **706420**
Join URL: [Zoom Class Link](#)

Tuesday:

8:15am Strength Training with Martha

Meeting ID: 860 3555 3208
Password: **350960**
Join URL: [Zoom Class Link](#)

Wednesday:

8:15am Barre with Martha

Meeting ID: 893 0573 0312
Password: **584094**

Join URL: [Zoom Class Link](#)

Thursday:

9:15am Strength Training with Chuck

Meeting ID: 817 9062 0106
Password: **077259**
Join URL: [Zoom Class Link](#)

Friday:

10:15am Core with Maura

Meeting ID: 826 8243 6605
Password: **294208**
Join URL: [Zoom Class Link](#)

Please check back frequently for schedule changes. If you need assistance accessing a class, please contact Sherry Pratt: