

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 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:

8:00am Strength with Nichole

Meeting ID: 849 4772 8159

Join URL: [Zoom Class Link](#)

9:00am Barre with Nichole

Meeting ID 841 1424 0081

Join URL: [Zoom Class Link](#)

Monday:

8:30am Barre with Sherry

Meeting ID 834 1153 9896

Join URL [Zoom Class Link](#)

Tuesday:

9:30am Barre with Jan

Meeting ID: 891 7119 9172

Join URL [Zoom Class Link](#)

Wednesday:

8:00am Pilates with Pam

Meeting ID: 828 4153 6584

Join URL [Zoom Class Link](#)

Thursday:

9:15am Strength Training with Chuck

Meeting ID: 817 9062 0106

Join URL: [Zoom Class Link](#)

Saturday:

8:30am Pilates with Roni

Meeting ID: 835 7138 8155

Join URL: [Zoom Class Link](#)

10:30am Strength with Roni

Meeting ID 867 8322 9928

Join URL [Zoom Class Link](#)

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