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:

8:00am Strength with Kathleen
Meeting ID: 849 4772 8159
Join URL: Zoom Class Link

9:00am Barre with Martha and Catherine
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 https://us02web.zoom.us/j/89171199172

Wednesday:

8:30am Strength with Sherry
Meeting ID: 878 1156 6603
Join URL https://us02web.zoom.us/j/87811566603

9:30am Pilates Stretch Fusion with Sherry
Meeting ID: 861 5349 3605
Join URL https://us02web.zoom.us/j/86153493605

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

If you need assistance accessing a class, please contact Sherry Pratt: spratt@mvymca.org