



***In-Person and Virtual* PMRC Fitness Classes Winter 2021**

Not sure what a specific class entails? Check out the [*full list of descriptions!](#)

**Please note that not all classes may be offered currently.*

Mondays

9 - 10 am: **Turn Back the Clock**, *Linda Roberts*

"Pip" Moyer Recreation Center Studio B

10:15 - 11 am: **Chair One Fitness**, *Linda Roberts*

"Pip" Moyer Recreation Center Studio B

11:30 am - 12:30 pm: **Cardio Strength Combo**, *Stacey Oliff*

Go to [Stacey Minich Oliff's Facebook page](#)

11:30 am - 12:15 pm: **Low-Impact Cardio Dance**, *Leandra Parkinson*

Join Zoom Room:

<https://us02web.zoom.us/j/7707113109?pwd=Rm13QkNtWkZ2MEdzT3JyNlplRE96dz09>

Meeting ID: 770 711 3109

Passcode: 8dda1A

12:30 - 1:30 pm: **Lunchtime Yoga**, *Aimee Seal*

"Pip" Moyer Recreation Center Studio A and

Join Zoom Meeting:

<https://us02web.zoom.us/j/81998792763?pwd=ejJPYU5acjBnOS9zZzl6QitCZ2xtQT09>

Meeting ID: 819 9879 2763

Passcode: 706467

Tuesdays

11 am - 12 pm: **Cycle, Strength, Stretch** *Stacey Oliff*

"Pip" Moyer Recreation Center Cycle Studio

11 am - 12 pm: **Yogalates**, *Aimee Seal*

"Pip" Moyer Recreation Center Studio A and

Join Zoom Meeting:

<https://us02web.zoom.us/j/86215894919?pwd=Tnp0YTFhQnZRZFpEMThDaWlnZlgvZz09>

Meeting ID: 862 1589 4919

Passcode: 700293

effective 2/8/21

5 - 6 pm: **Let's Have a Ball**, *Linda Barrett*
"Pip" Moyer Recreation Center Studio B

Wednesdays

9 - 10 am: **Zumba® Gold**, *Linda Roberts*
"Pip" Moyer Recreation Center Studio B

10:15 - 11:15 am: **Deep Stretch Yoga**, *Aimee Seal*
"Pip" Moyer Recreation Center Studio A and

Join Zoom Meeting:

<https://us02web.zoom.us/j/83359235908?pwd=WG9uNTRHK3gwYmN6TWxWZTZlUWdxUT09>

Meeting ID: 833 5923 5908

Passcode: 201604

10:15 - 11 am: **Stretch and Strength**, *Linda Roberts*
"Pip" Moyer Recreation Center Studio B

11:30 am - 12:30 pm: **HIIT**, *Stacey Oliff*

Go to [Stacey Minich Oliff's Facebook page](#)

5 - 6 pm: **Cardio Dance Mix**, *Leandra Parkinson*
"Pip" Moyer Recreation Center Studio A and

Join Zoom Room:

<https://us02web.zoom.us/j/7707113109?pwd=Rm13QkNtWkZ2MEdzT3JyNlplRE96dz09>

Meeting ID: 770 711 3109

Passcode: 8dda1A

5 - 6 pm: **Yogalates**, *Aimee Seal*
"Pip" Moyer Recreation Center Studio B and

Join Zoom Meeting:

<https://us02web.zoom.us/j/83752854357?pwd=RVRIUVpJNINMemgwNXM4ZjhrSmxMUT09>

Meeting ID: 837 5285 4357

Passcode: 976065

Thursdays

10:15 - 11:15 am: **Gentle Yoga**, *Aimee Seal*
"Pip" Moyer Recreation Center Studio A and

Join Zoom Meeting:

<https://us02web.zoom.us/j/83278762626?pwd=WXd3VVlVQzc4ZXJCaU1ndEFwdTIUdz09>

Meeting ID: 832 7876 2626

Passcode: 227952

11 am - 12 pm: **Cycle, Strength, Stretch**, *Stacey Oliff*
"Pip" Moyer Recreation Center Cycle Studio

effective 2/8/21

11:30 am - 12:15 pm: **Cardio Lunch Break**, *Leandra Parkinson*

Join Zoom Room:

<https://us02web.zoom.us/j/7707113109?pwd=Rm13QkNtWkZ2MEdzT3JyNlplRE96dz09>

Meeting ID: 770 711 3109

Passcode: 8dda1A

5 - 6 pm: **Let's Have a Ball**, *Linda Barrett*

"Pip" Moyer Recreation Center Studio B

Fridays

9 - 10 am: **Turn Back the Clock**, *Linda Roberts*

"Pip" Moyer Recreation Center Studio B

9:30 - 10:30 am: **Vinyasa Flow Yoga**, *Aimee Seal*

"Pip" Moyer Recreation Center Studio A and

Join Zoom Meeting:

<https://us02web.zoom.us/j/88983381989?pwd=SXgyRUVNKzQ5enV6UmwrNGtSVnYydz09>

Meeting ID: 889 8338 1989

Passcode: 470699

11:30 am - 12:30 pm: **Turn Back the Clock**, *Stacey Oliff*

Go to [Stacey Minich Oliff's Facebook page](#)

5 - 6 pm: **Zumba® Toning**, *Linda Roberts*

"Pip" Moyer Recreation Center Studio A

Saturdays

9 - 10:15 am: **Yin Yang Yoga**, *Linda Barrett*

"Pip" Moyer Recreation Center Studio B

10:30 - 11:30 am: **Cardio Dance Mix**, *Leandra Parkinson*

"Pip" Moyer Recreation Center Studio A and

Join Zoom Room:

<https://us02web.zoom.us/j/7707113109?pwd=Rm13QkNtWkZ2MEdzT3JyNlplRE96dz09>

Meeting ID: 770 711 3109

Passcode: 8dda1A

10:30 - 11:45 am: **Let's Have a Ball**, *Linda Barrett*

"Pip" Moyer Recreation Center Studio B