



## **Virtual** PMRC Fitness Classes (Winter 2020-2021)

(please refer to [class descriptions online](#))

### **Mondays**

8:30 - 9:30 am: **Turn Back the Clock (age 55+)**, *Stacey Oliff*

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

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

Join Zoom Meeting:

<https://us02web.zoom.us/j/81135251435?pwd=T1A4N3VQVGhXOVY3SIZSdtkpWNkZjQT09>

Meeting ID: 811 3525 1435

Passcode: 664000

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

Chair One Fitness is a seated cardio format that is fun for everyone but perfect for those with mobility issues or those who may have a limited workout space at home. Please use a straight chair with no arms or wheels!

Join Zoom Meeting:

<https://us02web.zoom.us/j/81135251435?pwd=T1A4N3VQVGhXOVY3SIZSdtkpWNkZjQT09>

Meeting ID: 811 3525 1435

Passcode: 664000

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

Join Zoom Room:

<https://us02web.zoom.us/j/7707113109?pwd=Rm13QkNtWkZ2MEdzT3JyNlplIRE96dz09>

Meeting ID: 770 711 3109

Passcode: 8dda1A

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

Join Zoom Meeting:

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

Meeting ID: 819 9879 2763

Passcode: 706467

6:30 - 7:30 pm: **Zumba®**, *Leslie Davis*

Join Zoom Meeting:

<https://us02web.zoom.us/j/84897217844?pwd=ckJ4T3g3TjJBRWllbmJqVDBGSG8wQT09>

Meeting ID: 848 9721 7844

Passcode: Zumba1

### ***Tuesdays***

9 - 10 am: **\*new\* Cycle and Strength**, *Stacey Oliff*

Warm up your muscles with an exhilarating vigorous cardio cycle routine followed by 30 minutes of strengthening and toning. So hop on your bike and grab your weights -- this is a full body workout for all fitness levels to enjoy!

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

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

Join Zoom Meeting:

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

Meeting ID: 862 1589 4919

Passcode: 700293

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

Join Zoom Meeting:

<https://us02web.zoom.us/j/86574742827?pwd=WUhlSIY3UXBHY044TEthclRMUTJpdz09>

Zoom ID: 865 7474 2827

Passcode: Letsdothis

### ***Wednesdays***

8:30 - 9:30 am: **HIIT**, *Stacey Oliff*

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

9 - 10 am: **Zumba® Gold**, *Linda Roberts*

Join Zoom Meeting:

<https://us02web.zoom.us/j/81135251435?pwd=T1A4N3VQVGhXOVY3SIZSdkpWNkZjQT09>

Meeting ID: 811 3525 1435

Passcode: 664000

10:15 - 11:15 am: **Deep Stretch Yoga**, *Aimee Seal*

Join Zoom Meeting:

<https://us02web.zoom.us/j/83359235908?pwd=WG9uNTRHK3gwYmN6TWxWZTZxUWdxUT09>

Meeting ID: 833 5923 5908

Passcode: 201604

5 - 6 pm: **Cardio Dance Mix**, *Leandra Parkinson*

Join Zoom Room:

<https://us02web.zoom.us/j/7707113109?pwd=Rm13QkNtWkZ2MEdzT3JyNlplIRE96dz09>

Meeting ID: 770 711 3109

Passcode: 8dda1A

5:30 - 6:30 pm: **Yogalates**, *Aimee Seal*

Join Zoom Meeting:

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

Meeting ID: 837 5285 4357

Passcode: 976065

6 - 6:45 pm: **Strength & Stretch**, *Linda Roberts*

Join Zoom Meeting:

<https://us02web.zoom.us/j/81135251435?pwd=T1A4N3VQVGhXOVY3SIZSdkpWNkZjQT09>

Meeting ID: 811 3525 1435

Passcode: 664000

### **Thursdays**

9 - 10 am: **\*new\* Cycle and Strength**, *Stacey Oliff*

Warm up your muscles with an exhilarating vigorous cardio cycle routine followed by 30 minutes of strengthening and toning. So hop on your bike and grab your weights -- this is a full body workout for all fitness levels to enjoy!

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

10:15 - 11:15 am: **Gentle Yoga**, *Aimee Seal*

Join Zoom Meeting:

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

Meeting ID: 832 7876 2626

Passcode: 227952

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*

Join Zoom Meeting:

<https://us02web.zoom.us/j/86574742827?pwd=WUhISiY3UXBHY044TEthclRMUTJPdz09>

Zoom ID: 865 7474 2827

Passcode: Letsdothis

7 - 7:45 pm: **Zumba®**, *Linda Roberts*

Join Zoom Meeting:

<https://us02web.zoom.us/j/81135251435?pwd=T1A4N3VQVGhXOVY3SIZSdWkZjQ09>

Meeting ID: 811 3525 1435

Passcode: 664000

### ***Fridays***

8:30 - 9:30 am: **Turn Back the Clock (age 55+)**, *Stacey Oliff*

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

9 - 10 am: **Zumba® Toning**, *Linda Roberts*

Join Zoom Meeting:

<https://us02web.zoom.us/j/81135251435?pwd=T1A4N3VQVGhXOVY3SIZSdWkZjQ09>

Meeting ID: 811 3525 1435

Passcode: 664000

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

Join Zoom Meeting:

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

Meeting ID: 889 8338 1989

Passcode: 470699

### **Saturdays**

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

Join Zoom Meeting:

<https://us02web.zoom.us/j/86574742827?pwd=WUhISiY3UXBHY044TEthclRMUTJPdz09>

Zoom ID: 865 7474 2827

Passcode: Letsdothis

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

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*

Join Zoom Meeting:

<https://us02web.zoom.us/j/86574742827?pwd=WUhISiY3UXBHY044TEthclRMUTJPdz09>

Zoom ID: 865 7474 2827

Passcode: Letsdothis