



# LIVE ZOOM CLASS SCHEDULE



zoom

<https://us02web.zoom.us/j/8656229614?pwd=VXQydThFSIhnT0hkRFd4YTJYSkFVUT09>

Meeting ID: 865 622 9614 Password: 361676

## NOVEMBER 1<sup>ST</sup> - DECEMBER 3<sup>RD</sup>

| MON  | TUE   | WED   | THU   | FRI  |
|--|---|---|---|--|
| 10:00 AM<br><b>ANNABELLE</b><br>STEP AEROBICS          | 10:00 AM<br><b>ANNABELLE</b><br>TOTAL BODY STRENGTH | 10:00 AM<br><b>ANNABELLE</b><br>CHAIR YOGA                  | 10:00 AM<br><b>ANNABELLE</b><br>CHAIR CARDIO        | 10:00 AM<br><b>ANNABELLE / COOPER</b><br>TOTAL BODY STRENGTH |
| 2:00 PM<br><b>BONNIE / G</b><br>UPPER BODY STRENGTH    | 2:00 PM<br><b>GISSELL</b><br>CARDIO                 | 2:00 PM<br><b>BONNIE / ANNABELLE</b><br>TOTAL BODY STRENGTH | 2:00 PM<br><b>ANNABELLE</b><br>BALANCE AND MOBILITY | 2:00 PM<br><b>BONNIE / G</b><br>SEATED MOVEMENTS             |
| 4:00 PM<br><b>BONNIE / GISSELL</b><br>BALANCE AND CORE | 4:00 PM<br><b>GISSELL</b><br>TOTAL BODY STRETCH     | 4:00 PM<br><b>BREEANNA</b><br>CARDIO                        | 4:00 PM<br><b>GISSELL</b><br>LOWER BODY STRENGTH    | 4:00 PM<br><b>ANNABELLE</b><br>MOBILITY AND CORE             |

**Want to skip step 1?** Click button below at designated day & time to go directly to Zoom class.



Join FitSteps Live Zoom Workout!

### Items frequently needed for workouts:

- Stretch Band
- Chair
- Dumbbells
- Yoga Mat
- Water Bottle
- Fitball

### How to join Zoom workout on your computer:

1. Go to your internet browser and type join.zoom.us.
2. Enter your meeting ID & password provided by FitSteps and click Join.
3. When asked if you want to open zoom.us, click Allow.

### How to join Zoom workout on your smart phone or tablet:

1. Open the Zoom mobile app. If you have not downloaded the Zoom mobile app yet, you can download it for free from the App Store.
2. Join a meeting using one of these methods: Tap Join a Meeting if you want to join without signing in or sign in to Zoom then tap Join.
3. Enter the meeting ID number, password and your display name.
4. Select if you would like to connect audio and/or video and select Join.

*If you have any issues please call 903-561-0149.*