



# LIVE ZOOM CLASS SCHEDULE



zoom

<https://us02web.zoom.us/j/8656229614?pwd=VXQydThFSlhnT0hkRFd4YTJYSkFVUT09>

Meeting ID: 865 622 9614 Password: 361676

## JANUARY 30 - FEBRUARY 24

MON	TUE	WED	THU	FRI
10:00 AM <b>ANNABELLE</b> UPPER BODY STRENGTH & CORE	10:00 AM <b>ANNABELLE</b> CHAIR YOGA	10:00 AM <b>ANNABELLE</b> UPPER BODY STRENGTH & CORE	10:00 AM <b>MAI</b> LOWER BODY STRENGTH	10:00 AM <b>ANNABELLE</b> UPPER BODY STRENGTH & CORE
2:00 PM <b>LESLIE</b> LOWER BODY STRENGTH	2:00 PM <b>MIMI</b> CORE	2:00 PM <b>MIKAELA</b> STANDING CARDIO	2:00 PM <b>MIMI</b> UPPER BODY STRENGTH	2:00 PM <b>ANNABELLE</b> STANDING CARDIO & MOBILITY
4:00 PM <b>CHLOE</b> STANDING CARDIO	4:00 PM <b>ANNABELLE</b> LOWER BODY STRENGTH	4:00 PM <b>CHLOE</b> FULL BODY STRENGTH	4:00 PM <b>CHLOE</b> STRETCHING	4:00 PM <b>CHLOE</b> FULL BODY STRENGTH

### 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.

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



### Items frequently needed for workouts:

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

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