

October 2020 Fitness Schedule - Bobby Miller Activity Center

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	<i>*M/W 10:30-11:10a Yoga Hybrid will be cancelled until further notice.</i>			1 1:30-2:10p Immune Qigong Tai Chi Hybrid 2:10-2 :50p Yang/Sun Style Tai Chi Hybrid	2	3
4	5 8:30-9:00 GIT Fit (8) 9-9:50a Zumba Hybrid (8) 9:15-10:15a Water Aerobics	6 9-10a Boot Camp (8) 10-11a Zumba (8) 5:30-6:10p Immune Qigong Tai Chi Hybrid 6:10-6:50p Yang/Sun Style Tai Chi Hybrid	7 8:30-9:00 GIT Fit (8) 9:15-10:15a Water Aerobics	8 1:30-2:10p Immune Qigong Tai Chi Hybrid 2:10-2 :50p Yang/Sun Style Tai Chi Hybrid	9	10
11	12 8:30-9:00 GIT Fit (8) 9-9:50a Zumba Hybrid (8) 9:15-10:15a Water Aerobics	13 9-10a Boot Camp (8) 10-11a Zumba (8) 5:30-6:10p Immune Qigong Tai Chi Hybrid 6:10-6:50p Yang/Sun Style Tai Chi Hybrid	14 8:30-9:00 GIT Fit (8) 9:15-10:15a Water Aerobics	15 1:30-2:10p Immune Qigong Tai Chi Hybrid 2:10-2 :50p Yang/Sun Style Tai Chi Hybrid	16	17
18	19 8:30-9:00 GIT Fit (8) 9-9:50a Zumba Hybrid (8) 9:15-10:15a Water Aerobics	20 9-10a Boot Camp (8) 10-11a Zumba (8) 5:30-6:10p Immune Qigong Tai Chi Hybrid 6:10-6:50p Yang/Sun Style Tai Chi Hybrid	21 8:30-9:00 GIT Fit (8) 9:15-10:15a Water Aerobics	22 1:30-2:10p Immune Qigong Tai Chi Hybrid 2:10-2 :50p Yang/Sun Style Tai Chi Hybrid	23	24
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*****Please see back of calendar for Hybrid Class ID's and Zoom class offerings.**

Zoom October Class Schedule

PARA is currently offering 3 styles of fitness classes. They are as follows.

1. **On-Site classes:** classes will be at a specific facility. They will have the max capacity in (parenthesis). Currently not all centers have on- site classes.
2. **Hybrid classes:** classes are on-site at a specific facility but Zoom capable for all other members. These classes will also have a max capacity in (parenthesis). For Zoom access please read Zoom class explanation.
3. **Zoom classes:** classes will be virtual only, with no on-site members. Each Zoom capable class will have a specific meeting ID number. You will have to download the app and enter the ID number. You will need a password. For password or help you can call the Faucett Center at 205.331.5600.

Class	Zoom ID	Time	Day	Instructor
Kickboxing	348 693 4898	10:15-10:55a	Wednesday	Gayla
Line Dancing	779 615 8323	5:30-6:30p	Thursday *No Class 10/22	Rachel
Immune Boost Qigong Tai Chi	582 793 5144	5:30-6:10p (Tuesday) 1:30-2:10p (Thursday)	Tuesday Thursday	Huei
Yang/Sun Style Tai Chi	582 793 5144	6:10-6:50p (Tuesday) 2:10-2:50p (Thursday)	Tuesday Thursday	Huei
Yoga (AM)	348 693 4898	10:15-10:55a	Tuesday/Thursday	Gayla
Zumba (AM)	741 5788 8216	9:00-9:40a	Monday	Angie
Zumba (PM)	779 615 8323	5:30-6:30p	Monday*No Class 10/19	Rachel