

**September 2020 Zoom Fitness Schedule – Leroy McAbee Activity Center**

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 please call any PARA Activity Center.

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 9/24	Rachel
Pound	230 815 5921	10:00-10:40a	Tuesday/Thursday	Sarah S.
Qigong Tai Chi	582 793 5144	5-5:40p (Tuesday) 1-1:40p (Thursday)	Tuesday *Only 9/8, 9/15, & 9/22 Thursday *Only 9/10, 9/17, & 9/24	Huei
Sun Style Tai Chi	582 793 5144	5:40-6:20p (Tuesday) 1:40-2:20p (Thursday)	Tuesday *Only 9/8, 9/15, & 9/22 Thursday *Only 9/10, 9/17, & 9/24	Huei
Yang Style Tai Chi	582 793 5144	6:20-7p (Tuesday) 2:20-3p (Thursday)	Tuesday *Only 9/8, 9/15, & 9/22 Thursday *Only 9/10, 9/17, & 9/24	Huei
Yoga (AM)	348 693 4898	10:15-10:55a	Tuesday/Thursday *No Class 9/8	Gayla
Yoga (AM)	230 815 5921	11:00-11:40a	Tuesday/Thursday	Sarah S.
Yoga (AM)	230 815 5921	10:30-11:10a	Monday/Wednesday	Sarah S.
Zumba (AM)	741 5788 8216	9:00-9:40a	Monday	Angie
Zumba (PM)	779 615 8323	5:30-6:30p	Monday	Rachel