

October 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 10/22	Rachel
Immune Boost Qigong Tai Chi	582 793 5144	5:30-6:10p (Tuesday)	Tuesday	Huei
		1:30-2:10p (Thursday)	Thursday	
Yang/Sun Style Tai Chi	582 793 5144	6:10-6:50p (Tuesday)	Tuesday	Huei
		2:10-2:50p (Thursday)	Thursday	
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