

December 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
Line Dancing	779 615 8323	5:30-6:30p	Thursday	Rachel
Immune Boost Qigong Tai Chi	582 793 5144	6:20-7p (Tuesday)	Tuesday	Huei
		2:20-3p (Thursday)	Thursday	
Sun Style Tai Chi	582 793 5144	5:40-6:20p (Tuesday)	Tuesday	Huei
		1:40-2:20p (Thursday)	Thursday	
Yang Style Tai Chi	582 793 5144	5-5:40p (Tuesday)	Tuesday	Huei
		1-1:40p (Thursday)	Thursday	
Zumba (AM)	741 5788 8216	9:00-9:40a	Monday	Angie
Zumba (PM)	779 615 8323	5:30-6:30p	Monday	Rachel

***Fitness classes will be held from Dec. 1 - 18.**

***All PARA Facilities will be closed from December 24, 2020 – January 1, 2021**