

**January 2021 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.

<b>Class</b>	<b>Zoom ID</b>	<b>Time</b>	<b>Day</b>	<b>Instructor</b>
Line Dancing	779 615 8323	5:30-6:30p	Thursday	Rachel
Immune Boost Qigong Tai Chi	582 793 5144	2:20-3p	Thursday	Huei
Sun Style Tai Chi	582 793 5144	1:40-2:20p	Thursday	Huei
Yang Style Tai Chi	582 793 5144	1-1:40p	Thursday	Huei
Zumba (AM)	741 5788 8216	9:00-9:40a	Monday	Angie
Zumba (PM)	779 615 8323	5:30-6:30p	Monday	Rachel

**\*We will resume classes January 4<sup>th</sup> and will be closed on the 18<sup>th</sup> for Martin Luther King Day!**