Online Exercise Classes via Zoom

To support customer-owners in their efforts to stay active and connected during the COVID-19 pandemic, Southcentral Foundation Physical Therapy, Occupational Therapy, and Exercise is providing online exercise classes via Zoom. To participate, please follow these simple steps:

1. Visit Zoom.us in your browser on the day and time of the desired class.
2. Select "Join a Meeting" in the top left corner of the screen.
3. Enter the meeting ID for the desired class, found in the table below.
4. Enter the meeting password: Exercise
5. Get moving!

MONDAY

7:10 - 7:40 a.m.
Morning Stretch
MEETING ID:
965-8612-2003

Noon - 12:50 p.m.
Pilates
MEETING ID:
964-7957-1431

Noon - 12:50 p.m.
Boot Camp
MEETING ID:
959-7595-9676

5 - 5:50 p.m.
FIT
MEETING ID:
926-5515-2672

TUESDAY

7:10 - 7:50 a.m.
Functional Strength and Balance
MEETING ID:
939-8755-4190

9 - 9:45 a.m.
Healthy Back Strong Core
MEETING ID:
924-0234-0876

10 - 10:50 a.m.
Functional Strength and Balance
MEETING ID:
972-3314-7254

11 - 11:50 a.m.
Yoga
MEETING ID:
954-2914-5924

Noon - 12:50 p.m.
3D Circuit
MEETING ID:
936-1331-8660

5 - 5:50 p.m.
Boot Camp
MEETING ID:
998-3038-1103

WEDNESDAY

6:45 - 7:30 a.m.
Boot Camp
MEETING ID:
984-2082-3560

10 - 10:50 a.m.
Basic Yoga
MEETING ID:
940-2616-3154

Noon - 12:50 p.m.
Boot Camp
MEETING ID:
950-4517-9454

Noon - 12:50 p.m.
Pilates
MEETING ID:
941-0769-2004

2 - 2:50 p.m.
Prenatal and Post Partum Fitness
MEETING ID:
930-8414-7802

THURSDAY

6:45 - 7:30 a.m.
Circuit
MEETING ID:
917-1765-1928

10 - 10:50 a.m.
Functional Strength and Balance
MEETING ID:
917-8838-1114

11 - 11:50 a.m.
Yoga
MEETING ID:
978-7010-6513

Noon - 12:50 p.m.
Boot Camp
MEETING ID:
965-2447-6270

5 - 5:50 p.m.
Self Myofascial Release
MEETING ID:
978-6696-0433

FRIDAY

6:45 - 7:30 a.m.
Boot Camp
MEETING ID:
973-5065-3807

10 - 10:50 a.m.
Prenatal Yoga
MEETING ID:
994-7195-2102

Noon - 12:50 p.m.
Boot Camp
MEETING ID:
967-1302-6915

Noon - 12:50 p.m.
Pilates
MEETING ID:
982-4477-8464

1 - 1:50 p.m.
Tabata GX
MEETING ID:
933-5444-9443

Physical Therapy, Occupational Therapy, and Exercise
(907) 729-6683

Southcentral Foundation