

# 2021 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.  
**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

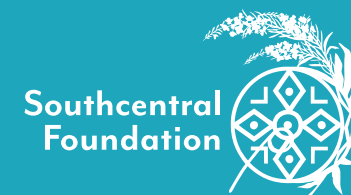
Noon - 12:50 p.m.  
**Pilates**  
MEETING ID:  
982-4477-8464

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

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



Revised April 14, 2021



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