2022 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:

- Visit 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

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.

Morning

Stretch

MEETING ID:

939-8755-4190

9-9:45 a.m. Healthy Back Strong Core MEETING ID:T

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:

<u>954-2914-5924</u>

Noon-12:50 p.m.
Self Myofascial
Release
MEETING ID:

962-7939-4640

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:

<u>950-4517-9454</u>

Noon-12:50 p.m.
Prenatal and
Post Partum
Fitness
MEETING ID:
930-8414-7802

THURSDAY

6:45-7:30 a.m.

Circuit

MEETING ID:
980-4729-4814

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

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

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

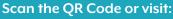
1-1:50 p.m. **Tabata GX** MEETING ID: 933-5444-9443

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



Revised Jan. 28, 2022







2022 Online Exercise Classes via Zoom

MONDAY

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.

Morning Stretch

MEETING ID: 939-8755-4190

9-9:45 a.m.
Healthy Back
Strong Core

MEETING ID:T 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. Self Myofascial Release

MEETING ID: 962-7939-4640

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.

Prenatal and Post

Partum Fitness

MEETING ID: 930-8414-7802

THURSDAY

6:45-7:30 a.m. **Circuit**

MEETING ID: 980-4729-4814

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

Noon-12:50 p.m.
Pilates
MEETING ID:

941-0769-2004

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

1-1:50 p.m. **Tabata GX**

MEETING ID: 933-5444-9443