

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

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](#)

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.
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 Sept. 15, 2021



2021 Online Exercise Classes via Zoom

MONDAY

Noon-12:50 p.m.
Boot Camp

MEETING ID:
[959-7595-9676](https://us02zoom.us/j/95975959676)

5-5:50 p.m.
FIT

MEETING ID:
[926-5515-2672](https://us02zoom.us/j/92655152672)

TUESDAY

7:10-7:50 a.m.
Morning Stretch

MEETING ID:
[939-8755-4190](https://us02zoom.us/j/93987554190)

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

MEETING ID:T
[924-0234-0876](https://us02zoom.us/j/92402340876)

10-10:50 a.m.
**Functional
Strength and
Balance**

MEETING ID:
[972-3314-7254](https://us02zoom.us/j/97233147254)

11-11:50 a.m.
Yoga

MEETING ID:
[954-2914-5924](https://us02zoom.us/j/95429145924)

Noon-12:50 p.m.
**Self Myofascial
Release**

MEETING ID:
[962-7939-4640](https://us02zoom.us/j/96279394640)

5-5:50 p.m.
Boot Camp

MEETING ID:
[998-3038-1103](https://us02zoom.us/j/99830381103)

WEDNESDAY

6:45-7:30 a.m.
Boot Camp

MEETING ID:
[984-2082-3560](https://us02zoom.us/j/98420823560)

10-10:50 a.m.
Basic Yoga

MEETING ID:
[940-2616-3154](https://us02zoom.us/j/94026163154)

Noon-12:50 p.m.
Boot Camp

MEETING ID:
[950-4517-9454](https://us02zoom.us/j/95045179454)

Noon-12:50 p.m.
**Prenatal and Post
Partum Fitness**

MEETING ID:
[930-8414-7802](https://us02zoom.us/j/93084147802)

THURSDAY

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

MEETING ID:
[980-4729-4814](https://us02zoom.us/j/98047294814)

10-10:50 a.m.
**Functional
Strength and
Balance**

MEETING ID:
[917-8838-1114](https://us02zoom.us/j/91788381114)

11-11:50 a.m.
Yoga

MEETING ID:
[978-7010-6513](https://us02zoom.us/j/97870106513)

Noon-12:50 p.m.
Boot Camp

MEETING ID:
[965-2447-6270](https://us02zoom.us/j/96524476270)

Noon-12:50 p.m.
Pilates

MEETING ID:
[941-0769-2004](https://us02zoom.us/j/94107692004)

FRIDAY

6:45-7:30 a.m.
Boot Camp

MEETING ID:
[973-5065-3807](https://us02zoom.us/j/97350653807)

10-10:50 a.m.
Prenatal Yoga

MEETING ID:
[994-7195-2102](https://us02zoom.us/j/99471952102)

Noon-12:50 p.m.
Boot Camp

MEETING ID:
[967-1302-6915](https://us02zoom.us/j/96713026915)

1-1:50 p.m.
Tabata GX

MEETING ID:
[933-5444-9443](https://us02zoom.us/j/93354449443)