

# 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:

1. 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:  
[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](#)

## THURSDAY

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.  
**Pilates**  
MEETING ID:  
[941-0769-2004](#)

## FRIDAY

10-10:50 a.m.  
**Prenatal Yoga**  
MEETING ID:  
[994-7195-2102](#)

Noon-12:50 p.m.  
**Boot Camp**  
MEETING ID:  
[967-1302-6915](#)

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



Revised Jan. 28, 2022



Scan the QR Code or visit:

[southcentralfoundation.com/services/physical-therapy-exercise/](https://southcentralfoundation.com/services/physical-therapy-exercise/)



# 2022 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)

## 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)

## THURSDAY

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.  
**Pilates**

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

## FRIDAY

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)