

SEPTEMBER 2021 ZOOM LINKS

Monday - 11:00 a.m.

Mary-Lee is inviting you to a scheduled Zoom meeting.

Topic: Zumba Gold Toning

Every week on Mon, until Nov 29, 2021, 20 occurrence(s)

Join Zoom Meeting

<https://us02web.zoom.us/j/89884306690?pwd=ZnJmWGRjYjNsMmhPQTV4aWFwZGFmUT09>

Meeting ID: 898 8430 6690

Passcode: 212918

One tap mobile

+19292056099,,89884306690#,,,,*212918# US (New York)

+13017158592,,89884306690#,,,,*212918# US (Washington DC)

Dial by your location

+1 929 205 6099 US (New York)

+1 301 715 8592 US (Washington DC)

+1 312 626 6799 US (Chicago)

Monday - 12:15 p.m.

Mary-Lee Costello is inviting you to a scheduled Zoom meeting.

Topic: Arthritis, Balance and Fall Prevention

Every week on Mon, until Nov 29, 2021, 20 occurrence(s)

Join Zoom Meeting

<https://us02web.zoom.us/j/84270116950?pwd=dUhUNWxIbDRlMVU1eWJhVHZITGx5QT09>

Meeting ID: 842 7011 6950

Passcode: 769219

One tap mobile

+19292056099,,84270116950#,,,,*769219# US (New York)

+13017158592,,84270116950#,,,,*769219# US (Washington DC)

Dial by your location

+1 929 205 6099 US (New York)

+1 301 715 8592 US (Washington DC)

+1 312 626 6799 US (Chicago)

Tuesday - 11:15 a.m.

Topic: Zumba Gold Chair with Mary-Lee

Mary-Lee is inviting you to a scheduled Zoom meeting.

Every week on Tue, until Nov 30, 2021, 22 occurrence(s)

Meeting ID: 814 3991 8865

Passcode: 588401

One tap mobile

+13126266799,,81439918865#,,,,*588401# US (Chicago)

+19292056099,,81439918865#,,,,*588401# US (New York)

Dial by your location

+1 312 626 6799 US (Chicago)

+1 929 205 6099 US (New York)

+1 301 715 8592 US (Washington DC)

SEPTEMBER 2021 ZOOM LINKS

Wednesday - 11:00 a.m.

Topic: Fit for life with Silvia

Join Zoom Meeting

<https://us02web.zoom.us/j/86792374652?pwd=eDIPNHhURWxCajc5N20xdmc4V3BvZz09>

Meeting ID: 867 9237 4652

Password: OAKFFL

Wednesday - 11:30 a.m.

Topic: Diane Chair Yoga

11:30 – 12:30 p.m.

Join Zoom Meeting

<https://us02web.zoom.us/j/88494092266?pwd=SVZsM3pKN3RnNE53aVNyeVBXVXNxUT09>

Meeting ID: 884 9409 2266

Passcode: 310567

One tap mobile

+19292056099,,88494092266#,,,,*310567# US (New York)

+13017158592,,88494092266#,,,,*310567# US (Washington DC)

Dial by your location

+1 929 205 6099 US (New York)

+1 301 715 8592 US (Washington DC)

+1 312 626 6799 US (Chicago)

Wednesday - 1:00 p.m.

Mary-Lee is inviting you to a scheduled Zoom meeting.

Topic: Arthritis, Balance and Fall Prevention - Ramsey

Every week on Wed, until Nov 24, 2021, 15 occurrence(s)

Join Zoom Meeting

<https://us02web.zoom.us/j/88376183982?pwd=V1RLYnNleEI1WXNZK00yeWIoMOZiUT09>

Meeting ID: 883 7618 3982

Passcode: 422513

One tap mobile

+13017158592,,88376183982#,,,,*422513# US (Washington DC)

+13126266799,,88376183982#,,,,*422513# US (Chicago)

Dial by your location

+1 301 715 8592 US (Washington DC)

+1 312 626 6799 US (Chicago)

+1 929 205 6099 US (New York)

SEPTEMBER 2021 ZOOM LINKS

Thursday - 10:00 a.m.

Donna Baccaro is inviting you to a scheduled Zoom meeting.

Topic: Aerobics

Link to Follow Shortly

Thursday - 11:30 a.m.

Mary Ann G's Class

Topic: Yoga & Meditation

Join Zoom Meeting

<https://us02web.zoom.us/j/81555973942?pwd=bmpXVjQxSIUvWXpidGJuTTR6dkltdz09>

Meeting ID: 815 5597 3942

Passcode: 658254

One tap mobile

+16465588656,,81555973942#,,,,,0#,,658254# US (New York)

+13017158592,,81555973942#,,,,,0#,,658254# US (Washington D.C)

Meeting ID: 815 5597 3942

Passcode: 658254

Friday – 10:00 a.m.

Donna Baccaro is inviting you to a scheduled Zoom meeting.

Topic: Flex Stretch & Balance

Every week on Fri, until Aug 13, 2021, 7 occurrence(s)

Join Zoom Meeting

<https://us02web.zoom.us/j/87107736398?pwd=a2hKTXRYYXBEMmx2Y3lqUjRaQVEwZz09>

Meeting ID: 871 0773 6398

Passcode: 993943

One tap mobile

+13126266799,,87107736398#,,,,*993943# US (Chicago)

+19292056099,,87107736398#,,,,*993943# US (New York)

Dial by your location

+1 312 626 6799 US (Chicago)

+1 929 205 6099 US (New York)

+1 301 715 8592 US (Washington DC)

SEPTEMBER 2021 ZOOM LINKS

Friday – 11:00 a.m.

Donna Baccaro is inviting you to a scheduled Zoom meeting.

Topic: Dancercise

Every week on Fri, until Aug 13, 2021, 7 occurrence(s)

Join Zoom Meeting

<https://us02web.zoom.us/j/81296712125?pwd=WnBIY3E5dUNITDdiNU9iOWdzZ2JUz09>

Meeting ID: 812 9671 2125

Passcode: 958026

One tap mobile

+13126266799,,81296712125#,,,,*958026# US (Chicago)

+19292056099,,81296712125#,,,,*958026# US (New York)

Dial by your location

+1 312 626 6799 US (Chicago)

+1 929 205 6099 US (New York)

+1 301 715 8592 US (Washington DC)

Friday - 1:00 p.m.

Mary-Lee Costello is inviting you to a scheduled Zoom meeting.

Topic: Arthritis, Balance and Fall Prevention

Every week on Fri, until Nov 19, 2021, 20 occurrence(s)

Join Zoom Meeting

<https://us02web.zoom.us/j/85107744625?pwd=b2pyYnVZWWhOakZBWTBEWEVaN2E4QT09>

Meeting ID: 851 0774 4625

Passcode: 385195

One tap mobile

+19292056099,,85107744625#,,,,*385195# US (New York)

+13017158592,,85107744625#,,,,*385195# US (Washington DC)

Dial by your location

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SEPTEMBER 2021 ZOOM LINKS

In addition to our weekly schedule, below are 3 extra classes being offered.

Tuesday - Oakland host

Zumba Gold Toning

9:30 - 10:15

Join Zoom Meeting

<https://us02web.zoom.us/j/86898065467?pwd=SDVjbmJjbWFMNk1VeXp3d1lQWXA2dz09>

Meeting ID: 868 9806 5467

Wednesday - Ramsey host

Zumba Gold Toning

11:30 - 12:30

Every week on Wed, until Nov 24, 2021, 21 occurrence(s)

Join Zoom Meeting

<https://us02web.zoom.us/j/89904084403?pwd=TUdHV0QzdG9XdjZOdXRQRU50QmIHUT09>

Meeting ID: 899 0408 4403

Passcode: 418275

One tap mobile

+19292056099,,89904084403#,,,,*418275# US (New York)

+13017158592,,89904084403#,,,,*418275# US (Washington DC)

Dial by your location

+1 929 205 6099 US (New York)

+1 301 715 8592 US (Washington DC)

+1 312 626 6799 US (Chicago)

Friday

Topic: Arthritis, Balance and Fall Prevention

Every week on Fri, until Nov 19, 2021, 20 occurrence(s)

Join Zoom Meeting

The meeting ID is 863 9841 6146

Passcode is ArthBal