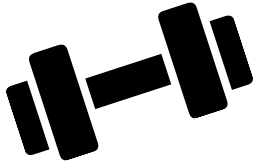


MERI LOU MURRAY RECREATION CENTER



VIRTUAL FITNESS CLASSES



Basic Aerobics

Slower paced, entry-level workout for all ages. A mix of aerobics, conditioning and stretching.

Dates and times: Mondays 9:30AM - 10:10AM

Link to participate via Zoom: <https://zoom.us/j/97197246537>; Meeting ID: 971 9724 6537

Zumba Fitness

This Latin-based aerobic fitness class uses easy, fast, and slow rhythms set to fun Latin and international music. A real "feel happy" cardio workout!

Dates and times: Mondays 10:30AM - 11:10AM; Wednesdays 6:00PM - 7:00PM

Link to participate via Zoom:

Mondays Link: <https://zoom.us/j/99653198067>; Meeting ID: 996 5319 8067

Wednesday Link: <https://zoom.us/j/95327892435>; Meeting ID: 953 2789 2435

Basic Sculpt and Condition

Slower paced entry-level workout for all ages. Hand weights and tubes strengthen and tone muscles, while improving flexibility and balance.

Dates and times: Wednesdays 9:30AM - 10:10AM

Link to participate via Zoom: <https://zoom.us/j/97763178381>; Meeting ID: 977 6317 8381

Aerobic Interval

Combination of aerobic conditioning and muscle work. This is a great cardiovascular workout!

Dates and times: Wednesdays 10:30AM - 11:10AM

Link to participate via Zoom: <https://zoom.us/j/98016157989>; Meeting ID: 980 1615 7989

Zumba Gold

This class combines zesty Latin and international rhythms with exhilarating, easy-to-follow moves and an invigorating party-like atmosphere. The pacing and moves are designed to suit the needs of the active older participant, as well as those just starting their journey to a fit and healthy lifestyle.

Dates and times: Friday 10:30AM - 11:30AM

Link to participate via Zoom: <https://zoom.us/j/91592887293>; Meeting ID: 915 9288 7293

Stretch and Strengthen

This class is for all ages to strengthen and stretch all major muscle groups at their own level. Core work and balance will be addressed.

Dates and times: Tuesdays & Thursdays 11:00AM - 12:00PM

Link to participate via Zoom:

Tuesday Link: <https://zoom.us/j/94160728060>; Meeting ID: 941 6072 8060

Thursday Link: <https://zoom.us/j/91267433223>; Meeting ID: 912 6743 3223

To join a class, click the link, or copy and paste the link to your browser.

Your profile will automatically be muted upon entering the class.

Don't forget your water bottle!