

# ZOOM VIRTUAL CLASS SCHEDULE

**JULY 2021**



**MONDAY**

7:00-7:30 AM  
Morning Stretch  
Patty  
Meeting ID  
914 1941 1771

10:30-11:30 AM  
Yoga  
Monica  
Meeting ID  
945 6709 9459

12:00-1:00 PM  
Total Body Blast  
Kris  
Meeting ID  
954 2862 8127

5:00 -6:00 PM  
Pilates + Weights  
Kris  
Meeting ID  
980 6418 0975

**TUESDAY**

9:00-10:00 AM  
Pilates + Weights  
Mima  
Meeting ID  
936 6326 2687

**WEDNESDAY**

7:00-7:30 AM  
Morning Stretch  
Patty  
Meeting ID  
949 8789 9276

12:00-1:00 PM  
Strength + Balance  
Kris  
Meeting ID  
937 4554 7101

7:00-8:00 PM  
Yoga  
Kay  
Meeting ID  
972 7422 4398

**THURSDAY**

11:45-12:45 AM  
Yoga  
Monica  
Meeting ID  
989 7011 5273

**FRIDAY**

9:15-10:00 AM  
Zumba  
Tatiana  
Meeting ID  
927 4225 3884

11:00-11:30 AM  
Stretch  
Patty  
Meeting ID  
944 3786 9055

**SATURDAY**

10:30-11:30 AM  
Total Body Blast  
Kris  
Meeting ID  
958 2667 6717

1:45-2:45 PM  
Pilates Mat  
Erik  
Meeting ID  
939 2743 8508

Email: [patricia.schnabel@clubcorp.com](mailto:patricia.schnabel@clubcorp.com) to register