



FREE FITNESS CLASSES AT MERI LOU MURRAY

12/26 - 12/31

MONDAY

7:45AM: STEP IT UP (IN STUDIO)
10:30AM: MATWORK PILATES (VIRTUAL CLASS)
6:40PM: ZUMBA FITNESS (VIRTUAL CLASS)

TUESDAY

11:00AM: STRETCH & STRENGTHEN (VIRTUAL CLASS)
5:30PM: AEROBICS & STRENGTH (IN STUDIO AND VIRTUAL)

WEDNESDAY

9:00AM: BASIC AEROBICS (VIRTUAL CLASS)
10:30AM: MATWORK PILATES (VIRTUAL CLASS)
6:00PM: ZUMBA FITNESS (VIRTUAL CLASS)

THURSDAY

9:00AM: GLOBAL FITNESS (VIRTUAL CLASS)
11:00AM: STRETCH & STRENGTHEN (VIRTUAL CLASS)





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WWW.ZOOM.US - CLICK JOIN A MEETING

MONDAY

10:30AM: MATWORK PILATES

- WEBINAR ID: 847 2850 6446 PASSCODE: 348871

6:40PM: ZUMBA FITNESS

- WEBINAR ID: 829 3568 6794 PASSCODE: 696185

TUESDAY

11:00AM: STRETCH & STRENGTHEN

- WEBINAR ID: 867 6409 0983 PASSCODE: 496166

5:30PM: AEROBICS & STRENGTH

- WEBINAR ID: 865 5031 7956 PASSCODE: 327495

WEDNESDAY

9:00AM: BASIC AEROBICS

- WEBINAR ID: 885 8156 9816 PASSCODE: 612346

10:30AM: MATWORK PILATES

- WEBINAR ID: 892 8714 1359 PASSCODE: 242589

6:00PM: ZUMBA FITNESS

- WEBINAR ID: 874 1958 9096 PASSCODE: 182323

THURSDAY

9:00AM: GLOBAL FITNESS

- WEBINAR ID: 884 2283 0831 PASSCODE: 849384

11:00AM: STRETCH & STRENGTHEN

- WEBINAR ID: 867 6409 0983 PASSCODE: 496166

