

Tamarac Online Classes

Date:

June 13-19, 2020

Time	Day	Class Offering	Zoom Information	Instructor	Class Description	Comments
						Senior Classes
						Adult Classes
						Kid Classes
8:30 AM	Friday	Tai-Chi/Qigong	Go to zoom.us Click "Join A Meeting" Meeting ID: 609 683 270 Password: 027453	Mark	Tai Chi is a low impact class which uses slow, gentle movements and breathing techniques in an effort to improve a variety of cognitive components, including focused attention, imagery and multi-tasking. Qigong is also a gentle exercise composed of movements that are repeated a number of times, often stretching the body with fluid movements that builds an awareness of how the body moves through space.	
9:00 AM	Monday	Tai-Chi/Qigong	Go to zoom.us Click "Join A Meeting" Meeting ID: 609 683 270 Password: 027453	Mark	Tai Chi is a low impact class which uses slow, gentle movements and breathing techniques in an effort to improve a variety of cognitive components, including focused attention, imagery and multi-tasking. Qigong is also a gentle exercise composed of movements that are repeated a number of times, often stretching the body with fluid movements that builds an awareness of how the body moves through space.	
9:00 AM	Saturday	Yogalates	https://us04web.zoom.us/j/zoom/register/uzUud-GrqTlue1hBehzhQ4FHMy4GcFZBQ	Jamie		
9:30 AM	Tuesday	Zumba	https://us04web.zoom.us/j/zoom/register/1ZEpe2pqj4unF5VUkRXh9lk9Vvm1euDSA	Maria	A total workout, combining all elements of fitness – cardio, muscle conditioning, balance and flexibility, boosted energy.	
9:30 AM	Wednesday	Zumba	https://us04web.zoom.us/j/zoom/register/1ZEpe2pqj4unF5VUkRXh9lk9Vvm1euDSA	Maria	A total workout, combining all elements of fitness – cardio, muscle conditioning, balance and flexibility, boosted energy.	
9:30 AM	Thursday	Zumba	https://us04web.zoom.us/j/zoom/register/1ZEpe2pqj4unF5VUkRXh9lk9Vvm1euDSA	Maria	A total workout, combining all elements of fitness – cardio, muscle conditioning, balance and flexibility, boosted energy.	
10:00 AM	Tuesday	Creative Writing	Go to zoom.us Click "Join A Meeting" Meeting ID: 590 658 2607	Janice	If you enjoy writing short stories, poetry, or your personal history, please join us for our Creative Writing Workshop!	
10:00 AM	Monday	Jazzercise	Go to zoom.us Click "Join A Meeting" Meeting ID: 578 683 3689 Password: funjazz	Warren	Jazzercise is a 60-minute, dance-based group fitness program. This class features a fusion of dance, resistance training, Pilates, Yoga, kickboxing, and Latin-style movements set to popular music.	
10:00 AM	Tuesday	Jazzercise	Go to zoom.us Click "Join A Meeting" Meeting ID: 578 683 3689 Password: funjazz	Warren	Jazzercise is a 60-minute, dance-based group fitness program. This class features a fusion of dance, resistance training, Pilates, Yoga, kickboxing, and Latin-style movements set to popular music.	
10:00 AM	Thursday	Jazzercise	Go to zoom.us Click "Join A Meeting" Meeting ID: 578 683 3689 Password: funjazz	Warren	Jazzercise is a 60-minute, dance-based group fitness program. This class features a fusion of dance, resistance training, Pilates, Yoga, kickboxing, and Latin-style movements set to popular music.	
10:00 AM	Friday	Jazzercise	Go to zoom.us Click "Join A Meeting" Meeting ID: 578 683 3689 Password: funjazz	Warren	Jazzercise is a 60-minute, dance-based group fitness program. This class features a fusion of dance, resistance training, Pilates, Yoga, kickboxing, and Latin-style movements set to popular music.	
10:00 AM	Sunday	Kickboxing	Go to zoom.us Click "Join A Meeting" Meeting ID: 436 712 309 Password: 272144	Gazelle	Cardio kickboxing class	
10:30 AM	Saturdays	Zumba	https://us04web.zoom.us/j/zoom/register/vplscOGqTovY4-0Vm0pwM9kqyxikZQ7dQ	Jamie		
11:00 AM	Monday	Sit & Fit	Go to zoom.us Click "Join A Meeting" Meeting ID: 856 460 9893 Password: SharShar1	Debbie	Creative chair based work out utilizing props from home. Weights, water bottles, pillow or play ball. Neck tie, dish towel or belt.	
11:00 AM	Wednesday	Sit & Fit	Go to zoom.us Click "Join A Meeting" Meeting ID: 856 460 9893	Debbie	Creative chair based work out utilizing props from home. Weights, water bottles, pillow or play ball. Neck tie, dish towel or belt.	

11:00 AM	Friday	Sit & Fit	Go to zoom.us Click "Join A Meeting" Meeting ID: 856 460 9893	Debbie	Creative chair based work out utilizing props from home. Weights, water bottles, pillow or play ball. Neck tie, dish towel or belt.	
11:30 AM	Tuesday	Mat Yoga, & Meditation	Go to zoom.us Click "Join A Meeting" Meeting ID: 856 460 9893	Debbie	Towel or mat to lie on. Strap, belt, dish towel or neck tie if desired.	
11:30 AM	Thursday	Chair Yoga & Meditation	Go to zoom.us Click "Join A Meeting" Meeting ID: 856 460 9893	Debbie	Have a chair handy. Strap, belt, dish towel or neck tie if desired.	
12:15 PM	Friday	Chair Yoga	Go to zoom.us Click "Join A Meeting" Meeting ID: 856 460 9893	Debbie	You can meditate in your chair or lay down. 10-20 minutes of guided meditation at the end.	All Ages Welcome
12:30 PM	Monday	Stretch and Strong	https://zoom.us/j/900273338 Meeting # ID#900 273 338	Marilyn	Stretch & Strong is a one hour class for beginners or experienced fitness fans, including a warm up, and cool down and a series of balance, stability flexibility and strength exercises. Participants learn new body awareness and can use light hand weights and a chair as tools.	
1:00 PM	Tuesday	Cardio Gold	Go to zoom.us Click "Join A Meeting" Meeting ID: 856 460 9893	Debbie	Join me for a low impact heart pumping class suitable for most beginners and active seniors. Along with that we will do some seated or standing core work. No equipment necessary. No equipment needed. Towel or mat.	
1:00 PM	Wednesday	Absolute Beginners Line Dancing Class	Go to zoom.us Click "Join A Meeting" Meeting ID: 369 304 2370 Password: 568767	Helaine	If you have never done line dancing before, this class is for you.	
3:00 PM	Friday	Spanish	Go to zoom.us Click "Join A Meeting" Meeting ID: 780 5629 8172 Password: 0X097U	Natacha	Spanish Class for beginners	
4:00 PM	Wednesday	Zumba Kids Class	https://us04web.zoom.us/j/900273338	Maria		Ages 5-12
5:30 PM	Monday	Strength & Stretch	https://us04web.zoom.us/j/900273338	Jamie		Grab some weights... or fabric softener jugs... or bags with cans... or a backpack full of books, a yoga mat, bottle of water, and some motivation! Please submit any questions to: jaustinsands@gmail.com
6:00 PM	Tuesday	Yoga Plus Neck Flex/Care	Go to zoom.us Click "Join A Meeting" Meeting ID: 753 1131 4015 Password: Zen33	Carol	systematic practice of physical exercise, breath control, relaxation, diet control, and positive thinking and meditation aimed at developing harmony in the body, mind, and environment. We'll use a mat.	
6:00 PM	Thursday	Booty Barre	https://us02web.zoom.us/j/900273338	Jamie		
6:00 PM	Friday	Body Sculpturing	https://us02web.zoom.us/j/4145243444?pwd=R3c1a1Y1WDhCV1c3dEloUmc5b1FVdz09 Password: 4MBPnc	Mike		