<table>
<thead>
<tr>
<th>Time</th>
<th>Day</th>
<th>Class Offering</th>
<th>Zoom Information</th>
<th>Instructor</th>
<th>Meeting ID</th>
<th>Password</th>
<th>Class Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>9:00 AM</td>
<td>Tuesday</td>
<td>Zumba</td>
<td>Go to zoom.us Click “Join A Meeting” 307 509 4209 Meeting ID: 307 509 4209 Password: 9Nmu85</td>
<td>Debbie</td>
<td>307 509 4209</td>
<td>9Nmu85</td>
<td>A total workout, combining all elements of fitness - cardio, muscle-conditioning balance and flexibility, located energy.</td>
</tr>
<tr>
<td>9:00 AM</td>
<td>Saturday</td>
<td>Yoga</td>
<td>Go to zoom.us Click “Join A Meeting” 307 509 4209 Meeting ID: 307 509 4209 Password: 9Nmu85</td>
<td>Debbie</td>
<td>307 509 4209</td>
<td>9Nmu85</td>
<td>A total workout, combining all elements of fitness - cardio, muscle-conditioning balance and flexibility, located energy.</td>
</tr>
<tr>
<td>9:30 AM</td>
<td>Monday</td>
<td>Booty Barre</td>
<td>Go to zoom.us Click “Join A Meeting” 307 509 4209 Meeting ID: 307 509 4209 Password: 9Nmu85</td>
<td>Marilyn</td>
<td>307 509 4209</td>
<td>9Nmu85</td>
<td>A total workout, combining all elements of fitness - cardio, muscle-conditioning balance and flexibility, located energy.</td>
</tr>
<tr>
<td>9:30 AM</td>
<td>Tuesday</td>
<td>Yoga</td>
<td>Go to zoom.us Click “Join A Meeting” 307 509 4209 Meeting ID: 307 509 4209 Password: 9Nmu85</td>
<td>Debbie</td>
<td>307 509 4209</td>
<td>9Nmu85</td>
<td>A total workout, combining all elements of fitness - cardio, muscle-conditioning balance and flexibility, located energy.</td>
</tr>
<tr>
<td>10:00 AM</td>
<td>Tuesday</td>
<td>Creative Writing</td>
<td>Go to zoom.us Click “Join A Meeting” 307 509 4209 Meeting ID: 307 509 4209 Password: 9Nmu85</td>
<td>Ingrid</td>
<td>307 509 4209</td>
<td>9Nmu85</td>
<td>A total workout, combining all elements of fitness - cardio, muscle-conditioning balance and flexibility, located energy.</td>
</tr>
<tr>
<td>10:30 AM</td>
<td>Monday</td>
<td>Cardio Gold</td>
<td>Go to zoom.us Click “Join A Meeting” 307 509 4209 Meeting ID: 307 509 4209 Password: 9Nmu85</td>
<td>Debbie</td>
<td>307 509 4209</td>
<td>9Nmu85</td>
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<tr>
<td>11:00 AM</td>
<td>Tuesday</td>
<td>Tai Chi/Qigong</td>
<td>Go to zoom.us Click “Join A Meeting” 307 509 4209 Meeting ID: 307 509 4209 Password: 9Nmu85</td>
<td>Mark</td>
<td>307 509 4209</td>
<td>9Nmu85</td>
<td>A total workout, combining all elements of fitness - cardio, muscle-conditioning balance and flexibility, located energy.</td>
</tr>
<tr>
<td>12:30 PM</td>
<td>Tuesday</td>
<td>Great Style</td>
<td>Go to zoom.us Click “Join A Meeting” 307 509 4209 Meeting ID: 307 509 4209 Password: 9Nmu85</td>
<td>Darren</td>
<td>307 509 4209</td>
<td>9Nmu85</td>
<td>A total workout, combining all elements of fitness - cardio, muscle-conditioning balance and flexibility, located energy.</td>
</tr>
<tr>
<td>2:30 PM</td>
<td>Tuesday</td>
<td>Tai Chi/Qigong</td>
<td>Go to zoom.us Click “Join A Meeting” 307 509 4209 Meeting ID: 307 509 4209 Password: 9Nmu85</td>
<td>Mark</td>
<td>307 509 4209</td>
<td>9Nmu85</td>
<td>A total workout, combining all elements of fitness - cardio, muscle-conditioning balance and flexibility, located energy.</td>
</tr>
<tr>
<td>3:00 PM</td>
<td>Tuesday</td>
<td>Yoga</td>
<td>Go to zoom.us Click “Join A Meeting” 307 509 4209 Meeting ID: 307 509 4209 Password: 9Nmu85</td>
<td>Marilyn</td>
<td>307 509 4209</td>
<td>9Nmu85</td>
<td>A total workout, combining all elements of fitness - cardio, muscle-conditioning balance and flexibility, located energy.</td>
</tr>
<tr>
<td>4:30 PM</td>
<td>Wednesday</td>
<td>Kid Classes</td>
<td>Go to zoom.us Click “Join A Meeting” 307 509 4209 Meeting ID: 307 509 4209 Password: 9Nmu85</td>
<td>Warren</td>
<td>307 509 4209</td>
<td>9Nmu85</td>
<td>A total workout, combining all elements of fitness - cardio, muscle-conditioning balance and flexibility, located energy.</td>
</tr>
<tr>
<td>5:00 PM</td>
<td>Monday</td>
<td>Body Sculpting</td>
<td>Go to zoom.us Click “Join A Meeting” 307 509 4209 Meeting ID: 307 509 4209 Password: 9Nmu85</td>
<td>Warren</td>
<td>307 509 4209</td>
<td>9Nmu85</td>
<td>A total workout, combining all elements of fitness - cardio, muscle-conditioning balance and flexibility, located energy.</td>
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**Notes:**
- Some classes require pre-registration. Please check the Zoom information for details.
- Passwords and Meeting IDs are included for the Zoom meetings.
- For more information or to register, please contact jaustinsands@gmail.com.