



MEMORIAL ATHLETIC CLUB  
AND AQUATIC CENTER

## MAC Virtual Group X Class Options September 28th-October 4th

### Monday

#### 9:30am Virtual HIGH Fitness with Lindsey

Join Zoom Meeting

<https://us04web.zoom.us/j/2195302735?pwd=dVlgTDVaSDUzclVNeW14NEFJTjdTUT09>

Meeting ID: 219 530 2735 Password: highfit

#### 4:30pm Virtual STRENGTH Training with Pam

Join Zoom Meeting

<https://us02web.zoom.us/j/9049315542?pwd=ek5BTVAXaVJYTy8xUm5UeEF6V2RRdz09>

Meeting ID: 904 931 5542 Password: 991950

### Tuesday

#### 9:30am Virtual Cardio, Strength & Core with Ashlee

Join Zoom Meeting

<https://us02web.zoom.us/j/83252009038?pwd=MVB1NF1xTWZ3TVkwT2hKTVpYRGFidz09>

Meeting ID: 832 5200 9038 Password: workout

### Wednesday

#### 11:30am Virtual Hatha Yoga with Linda Shubert

Join Zoom Meeting

<https://us02web.zoom.us/j/84533093922?pwd=RDVHTU9GazA5S3lhNldSQkhURI9vZz09>

Meeting ID: 845 3309 3922 Password: Hatha

#### 5:45pm Virtual Hatha Yoga with Debbie S - Debbie will be admitting members to the class at 5:45pm with class starting promptly at 6pm (90 min class)

Join Zoom Meeting

<https://us02web.zoom.us/j/6835101956?pwd=bnNGODBzL01Pa0I5ZGR3N01WRjA1Zz09>

Meeting ID: 683 510 1956 Password: 412014

### Thursday

#### 9:30am Virtual HIGH Fitness with Ashlee

Join Zoom Meeting

<https://us04web.zoom.us/j/2195302735?pwd=dVlgTDVaSDUzclVNeW14NEFJTjdTUT09>

Meeting ID: 219 530 2735 Password: highfit

#### \*\*\*NEW\*\*\*10:30am Virtual Restorative and Relaxation Yoga with Linda Shubert

Join Zoom Meeting

<https://us04web.zoom.us/j/7252543983?pwd=dHF4OU9hR05TV0p0QmtlaGpTVzVkUT09>

Meeting ID: 725 254 3983 Passcode: restore

#### 11:00am Osteo Pilates with Morven

Join Zoom Meeting

<https://us02web.zoom.us/j/86378463256?pwd=MVJUUVtmMjh2eWIKM1kvNmh0Unc1Zz09>

Meeting ID: 863 7846 3256 Password: Osteo

#### 12:30pm Virtual MFW Circuit Class with Sue

Join Zoom Meeting

<https://us02web.zoom.us/j/82719119502?pwd=dFdRMDImVzE3K1V1QTJlZ0JmQ1BRUT09>

Meeting ID: 827 1911 9502 Password: 089128