



MEMORIAL ATHLETIC CLUB
AND AQUATIC CENTER

Virtual Group Exercise Class Links

Monday

9:30am Virtual HIGH Fitness with Lindsey

Meeting ID: 219 530 2735 Password: highfit

***** NEW 11:30am MFW Hatha Yoga with Linda Shubert**

Meeting ID: 845 3309 3922 Password: hatha

*****NEW 1:00pm Goodlife Chair Class with Carrie**

Meeting ID: 863 0992 2538 Password: goodlife

4:30pm Virtual STRENGTH Training with Pam

Meeting ID: 904 931 5542 Password: 991950

Tuesday

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

Meeting ID: 832 5200 9038 Password: workout

*****NEW 10:00am MFW Ashtanga Yoga with Susan Spencer**

Meeting ID: 883 4786 8441 Password: 703040

Wednesday

11:30am MFW Hatha Yoga with Linda Shubert

Meeting ID: 845 3309 3922 Password: hatha

5:45pm Virtual Hatha Yoga with Debbie S

Meeting ID: 683 510 1956 Password: 412014

Thursday

9:30am Virtual HIGH Fitness with Ashlee

Meeting ID: 219 530 2735 Password: highfit

10:30am Restorative & Relaxation Yoga with Linda Shubert

Meeting ID: 725 254 3983 Passcode: restore

11:00am MFW Osteo Pilates with Morven

Meeting ID: 863 7846 3256 Password: osteo

12:30pm MFW Circuit Class with Sue

Meeting Meeting ID: 827 1911 9502 Password: 089128

Saturday

*****NEW 11:30am Virtual Restorative & Relaxation Yoga with Linda Shubert**

Meeting ID: 725 254 3983 Password: restore