



FREE LIVE ONLINE EXERCISE CLASSES  
KEEP FIGHTING!

EVERY TUE AND THUR @ 5:30PM AND SAT @ 10AM DURING THE PANDEMIC  
NO NEED TO REGISTER IN ADVANCE

JOIN US THROUGH ZOOM AT THE TIMES ABOVE. JUST CLICK ON THIS LINK AND FOLLOW THE SIMPLE STEPS

**[HTTPS://ZOOM.US/J/4410616241](https://zoom.us/j/4410616241)**

YOU WILL BE AUTOMATICALLY CONNECTED TO THE CLASS AT NO CHARGE

INSTRUCTIONS ON HOW TO JOIN ZOOM VIDEOCONFERENCING ARE AT:

JUST CLICK ON

**[HTTPS://YOUTU.BE/JPnLX42OJU0](https://youtu.be/JPnLX42OJU0)**

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