

Virtual Class Schedule – Sewall Healthy Living Center

Powered by: Zoom

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6am Sunrise Yoga – Jenny ID 998 0650 7348		6am Sunrise Yoga – Jenny ID 998 0650 7348		6am Sunrise Yoga – Jenny ID 998 0650 7348	
9am Vinyasa Yoga – Jenny ID 188 527 368	9am Chair Yoga – Jenny ID 189 489 531	9am Mat Pilates – Jenny ID 413 546 637	9am Vinyasa Yoga – Jenny ID 188 527 368	9am Chair Yoga Jenny ID 189 489 531	
10:30am Mat Pilates – Jenny ID 999 6436 5758		10:30am Chair Yoga – Jenny ID 911 8394 9876	10:30am Simple Yoga – Cynthia ID 362 153 525	10:30am Mat Pilates – Jenny ID 999 6436 5758	11am Tai Chi – Noel ID 467 182 295
			11:30am Elevate Yoga (20min) Cynthia ID 581 745 089		12pm Beginner Tai Chi – Noel ID 428 078 689
		12:30pm Health Rounds (20 min) Cynthia ID 946 1437 9671	12:30pm Express Yoga (20 min) Cynthia ID 513 443 533	12:30pm Health Rounds (20 min) Cynthia ID 946 1437 9671	<p>All classes are PST & FREE</p> <p>Click link below to join but use the unique class ID noted in box</p> <p>https://zoom.us/j</p> <p>Please join 10 minutes before to catch up & talk. If prompted for password use 92118</p> <p>Q’s? please call us at 619-522-3798 Mon-Fri 8am-430p or 1-800-82-SHARP on weekends</p>
		1:30pm Mindfulness (20min) Cynthia ID-786 540 753	1:30pm Mindfulness (20min) Cynthia ID-786 540 753	1:30pm Mindfulness (20min) Cynthia ID-786 540 753	
		2:30pm Simple Yoga - Cynthia ID-823 730 723		2:30pm Simple Yoga - Cynthia ID-823 730 723	
		3:30pm Elevate Yoga – Cynthia ID 570 926 566		3:30pm Elevate Yoga – Cynthia ID 570 926 566	
4:30pm Cardio Circuit – Jenny ID 492 194 826	4:30pm Vinyasa Yoga – Jenny ID 577 396 852	4:30pm Cardio Circuit – Jenny ID 492 194 826	4:30pm Restorative Yoga- Jenny ID 123 378 422	4:30pm Cardio Circuit – Jenny ID 492 194 826	
		5:30pm Healing Yoga – Cynthia ID 747 135 712		5:30pm Healing Yoga – Cynthia ID 747 135 712	

If prompted for password use: 92118

Click this link and join using the unique ID noted below: <https://zoom.us/j>

Sunrise Yoga – Jenny	Mon-Wed-Fri 6am	ID: 998 0650 7348
Vinyasa Yoga – Jenny	Mon-Thu 9am	ID:188 527 368
	Tues 430pm	ID: 577 396 852
Mat Pilates – Jenny	Mon-Fri 1030a	ID: 189 489 531
	Wed 9am	ID: 911 8394 9876
Chair Yoga – Jenny	Tues-Fri 9am	ID: 189 489 531
	Wed-Fri 1030am	ID: 911 8394 9876
Cardio Circuit – Jenny	Mon-Wed-Fri 430pm	ID: 492 194 826
Restorative Yoga – Jenny	Thu 430pm	ID: 123 378 422
Tai Chi – Noel	Sat 11am	ID: 467 182 295
Beginner Tai Chi - Noel	Sat 12pm	ID: 428 078 689
Simple Yoga – Cynthia	Thu 1030am	ID: 362 153 525
	Wed-Fri 230pm	ID: 823 730 723
Healing Yoga – Cynthia	Wed-Fri 530pm	ID: 747 135 712
Express Yoga (20 min)– Cynthia	Thu 1130pm	ID: 513 443 533
Elevate Yoga (20 min) – Cynthia	Thu 1230pm	ID: 581 745 089
Elevate Yoga – Cynthia	Wed-Fri 330pm	ID: 570 926 566
Health Rounds (20 min)– Cynthia	Wed-Fri 1230pm	ID: 946 1437 9671
Mindfulness (20 min) – Cynthia	Wed-Thu-Fri 130pm	ID: 786 540 753