

Greetings Fitness Friends,

We are so excited to begin offering more classes via zoom. Please bear with us as we perfect this process. The first link below is a waiver for participation in our zoom classes. Please complete before participating. You only have to complete the form once.

Waiver: <https://forms.gle/gXYwUbggpoiaqjhu9>

MONDAY	TUESDAY	WEDNESDAY	THURSDAY
FAIRVIEW FIT (MELANIE) 10:45 am	KEEP FIT (LINDA) 9:45am	FAIRVIEW FIT (MELANIE) 10:45 am	KEEP FIT (LINDA) 9:45 am
FOREVER YOUNG STRENGTH WITH JENN 11:45 am	CHAIR YOGA (LINDA) 11:15 am	FOREVER YOUNG STRENGTH WITH MEL 11:45 am	CHAIR YOGA (LINDA) 11:15 am

Please contact the fitness room for information and registration. A device (phone, ipad, tablet or computer) capable of running Zoom is required.