

Greetings Fit Friends,

We are so excited to continue offering our virtual fitness programs. 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 | Friday |
|---|-----------------------------------|--|-----------------------------------|----------------------------------|
| 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 (Jenn) 11:45 am | CHAIR YOGA (Linda) 11:15 am | FOREVER YOUNG STRENGTH (Melanie) 11:45 am | CHAIR YOGA (Linda) 11:15 am | |
| | | YOGA (Mat) (Jenn) 2:15 pm | | YOGA (Mat) (Jenn) 12:45 pm |

Please contact the fitness room for information ex. 4605 or
fitness @fairviewmh.com

A device (phone, ipad, tablet or computer) capable of running Zoom
is required.

Ask about our equipment lending program!

