

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: [Click Here to Complete](#)

Monday	Tuesday	Wednesday	Thursday	Friday
	KEEP FIT (Linda) 9:45am		KEEP FIT (Linda) 9:45 am	
	CHAIR YOGA (Linda) 11:15 am		CHAIR YOGA (Linda) 11:15 am	

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!

