



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# CONNECT ENGAGE ENRICH



## Zoom Classes VALPARAISO FAMILY YMCA

- Connect with our certified instructors from your device via Zoom to workout from anywhere.
- Go to [www.zoom.us](http://www.zoom.us) or download the Zoom app.
- 10 - 15 minutes prior to the event click on JOIN A MEETING and type in the ZOOM ID.

### Monday -

9:00 am	WERQ®	Melissa M	ZOOM ID 845 0322 9933
12:00 pm	Zumba® Gold	Tonia	ZOOM ID 863 0873 6741

### Wednesday -

9:00 am	Dance Fitness	Cathy	ZOOM ID 872 2464 5025
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### Friday -

9:00 am	Zumba®	Patricia	ZOOM ID 894 4179 6046
10:30 am	Pilates Matwork	Cathy	ZOOM ID 881 4760 4259
12:00 pm	Zumba® Gold	Tonia	ZOOM ID 844 5985 3272

### Saturday -

9:00 am	Zumba®	Jaime	ZOOM ID 831 1462 2452
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