



Group Class Schedule

September 2020

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Cycling 8:45 am Abeer Pool Patio	HIIT Class* 8:00 am Leticia. Pool Patio/Zoom	Cycling 6:45 am Abeer Pool Patio	Stretch* 8:00 am Leticia Pool Patio/Zoom	Meditation* 8:15 am Sabine Zoom Only	Circuit Training 7:00 am Leticia Zoom Only	HIIT Class* 9:30 am Ellie Pool Patio/Zoom
Stretch* 10:00 am Leticia Pool Patio/ Zoom	Circuit Training 9:00 am Leticia Pool Patio/Zoom	Pure Strength 8:00 am Leticia Pool Patio/ Zoom	Qi Gong 9:00 am Chris Zoom Only	Subtle Yoga 9:00 am Pam Pool Patio/Zoom	Cycling 7:00 am Martha Pool Patio	Yoga—Multilevel 10:15 am Ellie Pool Patio/Zoom
Kundalini Yoga 10:30 am Swaran Zoom Only	Balance & Stability* 11:00 am Pam Zoom Only	Pilates Mat 9:15 am Brenda Pool Patio/Zoom	Hatha Yoga 10:45 am Swaran Zoom Only	Pilates Fusion 11:30 am Leslie Zoom Only	Stretch* 8:00 am Martha Pool Patio/Zoom	
Pure Strength 11:00 am Cindy Pool Patio	Chair Yoga* 11:35 am Pam Zoom Only	Functional Movement 10:30 am Jahan Zoom Only	Melange 4:00 pm Sue Pool Patio	Chair Motion * 3:30 pm Leticia. Pool Patio/Zoom	Tai Ji Chuan Restorative 9:00 am Chris Pool Patio/Zoom	
Meditation 7:00 pm Sabine Zoom Only		Cycling Blast* 5:45 pm Nancy Pool Patio	Iyengar Yoga 5:30 pm Willamarie Pool Patio/Zoom		Vinyasa Yoga 10:30 am Pam Pool Patio/Zoom	
		Body Blast * 6:15 pm Nancy Pool Patio				

* Half hour Class

- All classes are subject to change or be cancelled.
- Group classes will be held in the pool patio (weather permitting), on-line or both. Please check the schedule.
- You do not have to sign-up for on-line Zoom classes. Just show up on time or you might not get in once class begins.
- Group classes held at Quail Run will be limited to only **4 people**, so you have to call and reserve your spot.
- **To make your reservations for group classes only, call the pool desk between 9:30 am & 3:30 am to reserve your spot. 505-795-7220**
- **You can call up to 48 hours in advance. Reservations for the pool, gym and cardio room go through the front desk. 505-986-2200**
- If the class is already full, we can put you on a waiting list for the following week. If you do not get in, you might be able to still take the class on-line. Check the schedule.
- If you can not make your scheduled class, PLEASE call and let us know so we can give your spot to someone else. Be considerate and fair to others that are wanting to take that class too.
- You do not have to check in at the pool desk or even enter the building to take a class if you have a reservation. Meet at the pool patio and your instructor will check you in.
- Since classes will be held outside, dress appropriately, and wear layers.
- We highly encourage you to bring your own props!
- Please do your part and wipe down your equipment before and after use.
- Bring your own water bottle or purchase one at the pool desk. Bottle water fountain is located in hallway near pool entrance.

How to log on for a group class online through Zoom

follow the directions below.

We invite you to take a Quail Run remote class via Zoom with your instructors teaching live.

To join go to: <https://zoom.us/j/8488512631>

Meeting ID: **Meeting ID :848 851 2631**

- Download the ZOOM Cloud Meetings in your applications on your smart phone or tablet. If you are using your PC or laptop, click on the link above and you will be prompted to download and run zoom.
- **You do not need to set up an account.**
- Your computer must have a built-in camera or web can.
- This will be the same ID for all classes. Just like a regular class show up on time.
- By taking an on-line class, you are doing this at your own risk. Quail Run or the instructors are not liable for any injury.

https://www.youtube.com/embed/vFhAEoCF7jg?rel=0&autoplay=1&cc_load_policy=1

If you have any questions and need help learning Zoom please call Pam Serna at: 505-795-7219 or 310-428-2667 Email: pserna@qrsf.com