

Quail Run

Fitness Class Schedule

January 2021

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>Cycling 8:45 am Abeer Sunroom</p> <p>Stretch* 9:00 am Leticia Zoom Only</p> <p>Kundalini Yoga 10:30 am Swaran Zoom Only</p> <p>Pure Strength 11:00 am Cindy Terrace room</p> <p>Meditation 7:00 pm Sabine Zoom Only</p>	<p>HIIT Class* 8:00 am Leticia. Zoom Only</p> <p>Water Aerobics 9:00 am Leticia Lap Pool</p> <p>Balance & Stability* 11:00 am Pam Zoom Only</p> <p>Chair Yoga* 11:35 am Pam Zoom Only</p>	<p>Cycling 6:45 am Abeer Sunroom</p> <p>Pure Strength 8:00 am Leticia Zoom Only</p> <p>Pilates Mat 9:15 am Brenda Zoom Only</p> <p>Functional Movement 10:30 am Jahan Zoom Only</p> <p>Beginner Yoga (1/12 & 1/26) 3:00 pm Pam Zoom Only</p> <p>Body Blast* 5:45 pm Nancy Exercise Studio</p> <p>Cycling Blast* 6:15pm Nancy Sunroom</p>	<p>Stretch* 8:00 am Leticia Zoom Only</p> <p>Water Aerobics 9:00 am Anna Lap Pool</p> <p>Qi Gong 9:00 am Chris Zoom Only</p> <p>Hatha Yoga 10:45 am Swaran Zoom Only</p> <p>Iyengar Yoga 5:30 pm Willamarie Exercise Studio/ Zoom</p>	<p>Beginner Cycling 8:00 am Abeer Sunroom</p> <p>Meditation* 8:15 am Sabine Zoom Only</p> <p>Subtle Yoga 9:00 am Pam Zoom Only</p> <p>Circuit Training 10:15 am Leticia Zoom Only</p> <p>Pilates Fusion 11:30 am Michelle Zoom Only</p> <p>Chair Motion * 3:30 pm Leticia. Zoom Only</p>	<p>Cycling 7:00 am Vincent Sunroom</p> <p>Body Blast* 8:00 am Leticia Zoom Only</p> <p>Water Aerobics 9:00 am Anna Lap Pool</p> <p>Tai Ji Chuan Restorative 9:00 am Chris Zoom Only</p> <p>Vinyasa Yoga 10:30 am Pam Zoom Only</p>	<p>Beginner HIIT Class*(1/9 & 1/23) 9:00am Ellie Zoom Only</p> <p>HIIT Class* 9:30 am Ellie Zoom Only</p> <p>Yoga—Multilevel 10:15 am Ellie Zoom Only</p>
						<p>*Half hour Class</p>

- All classes are subject to change or be cancelled.
- 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. Future reservations for the pool, gym and cardio room call 505-795-7204**
- 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.
- 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 in hallway near pool entrance.

How to log on for a live group classes online through Zoom

Log on to: www.zoom.us.com

Join a meeting: Enter 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.

If you have any questions and need help learning Zoom please the recreation office : 505-795-7219