



# Group Class Schedule

November 2020

| Sunday   | Monday  | Tuesday  | Wednesday  | Thursday  | Friday   | Saturday  |
|--|---|--|--|---|--|---|
| <p><b>Cycling</b><br/>8:45 am Abeer<br/>Terrace Room</p> <p><b>Stretch*</b><br/>9:00 am Leticia<br/>Zoom Only</p> <p><b>Kundalini Yoga</b><br/>10:30 am Swaran<br/>Zoom Only</p> <p><b>Pure Strength</b><br/>11:00 am Cindy<br/>Pool Patio</p> <p><b>Meditation</b><br/>7:00 pm Sabine<br/>Zoom Only</p> | <p><b>HIIT Class*</b><br/>8:00 am Leticia.<br/>Zoom Only</p> <p><b>Water Aerobics</b><br/>9:00 am Leticia<br/>Lap Pool</p> <p><b>Balance &amp; Stability*</b><br/>11:00 am Pam<br/>Zoom Only</p> <p><b>Chair Yoga*</b><br/>11:35 am Pam<br/>Zoom Only</p> | <p><b>Cycling</b><br/>6:45 am Abeer<br/>Terrace Room</p> <p><b>Pure Strength</b><br/>8:00 am Leticia<br/>Zoom Only</p> <p><b>Pilates Mat</b><br/>9:15 am Brenda<br/>Zoom Only</p> <p><b>Functional Movement</b><br/>10:30 am Jahan<br/>Zoom Only</p> <p><b>Cycling Blast*</b><br/>5:45 pm Nancy<br/>Terrace Room</p> <p><b>Body Blast *</b><br/>6:15 pm Nancy<br/>Terrace Room</p> | <p><b>Stretch*</b><br/>8:00 am Leticia<br/>Zoom Only</p> <p><b>Qi Gong</b><br/>9:00 am Chris<br/>Zoom Only</p> <p><b>Water Aerobics</b><br/>9:00 am Anna<br/>Lap Pool</p> <p><b>Hatha Yoga</b><br/>10:45 am Swaran<br/>Zoom Only</p> <p><b>Melange</b><br/>4:00 pm Sue<br/>Exercise Studio</p> <p><b>Iyengar Yoga</b><br/>5:30 pm<br/>Willamarie<br/>Exercise Studio/<br/>Zoom</p> | <p><b>Meditation*</b><br/>8:15 am Sabine<br/>Zoom Only</p> <p><b>Subtle Yoga</b><br/>9:00 am Pam<br/>Zoom Only</p> <p><b>Circuit Training</b><br/>10:15 am Leticia<br/>Zoom Only</p> <p><b>Pilates Fusion</b><br/>11:30 am Leslie<br/>Zoom Only</p> <p><b>Chair Motion *</b><br/>3:30 pm Leticia.<br/>Zoom Only</p> | <p><b>Cycling</b><br/>7:00 am Vincent<br/>Terrace Room</p> <p><b>Body Blast*</b><br/>8:00 am Leticia<br/>Zoom Only</p> <p><b>Tai Ji Chuan Restorative</b><br/>9:00 am Chris<br/>Zoom Only</p> <p><b>Water Aerobics</b><br/>9:00 am Anna<br/>Lap Pool</p> <p><b>Vinyasa Yoga</b><br/>10:30 am Pam<br/>Zoom Only</p> | <p><b>HIIT Class*</b><br/>9:30 am Ellie Pool<br/>Zoom Only</p> <p><b>Yoga—Multilevel</b><br/>10:15 am Ellie<br/>Zoom Only</p> |
|  |   |  |  |   |  | <div style="border: 1px solid black; padding: 5px; width: fit-content;"> <p><b>* Half hour Class</b></p> </div>               |

- 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](http://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