



Zoom Online Class Schedule

AUGUST 2020

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>Stretch* 9:00 am Leticia Zoom</p> <p>Kundalini Yoga 10:30 am Swaran Zoom</p> <p>Meditation 7:00 pm Sabine Zoom</p>	<p>HIIT Class* 8:00 am Leticia. Zoom</p> <p>Circuit Training 9:00 am Leticia Zoom</p> <p>Balance & Stability* 11:00 am Pam Zoom</p> <p>Chair Yoga* 11:35 am Pam Zoom</p>	<p>Pure Strength 8:00 am Leticia Zoom</p> <p>Pilates Mat 9:15 am Brenda Zoom</p> <p>Chair Motion* 10:30 am Leticia Zoom</p> <p>Rise & Flow Yoga 11:30 am Jahan Zoom</p>	<p>Stretch* 8:00 am Leticia Zoom</p> <p>Qi Gong 9:00 am Chris Zoom</p> <p>Hatha Yoga 10:45 am Swaran Zoom</p> <p>Pilates/Yoga Fusion 12 pm Ellie Zoom</p> <p>Yoga—Iyengar 5:30 pm Willamarie Zoom</p>	<p>Meditation* 8:15 am Sabine Zoom</p> <p>Subtle Yoga 9:00 am Pam Zoom</p> <p>Circuit Training 10:15 am Leticia Zoom</p> <p>Pilates Fusion 11:30 am Leslie Zoom</p> <p>Chair Motion* 3:30 am Leticia Zoom</p> <p>Body Blast* 5:30 pm Leticia. Zoom</p>	<p>Pure Strength 8:00 am Leticia Zoom</p> <p>Tai Ji Chuan Restorative 9:00 am Chris Zoom</p> <p>Vinyasa Yoga 10:30 am Pam Zoom</p>	<p>HIIT Class* 9:30 am Ellie Zoom</p> <p>Yoga—Multilevel 10:15 am Ellie Zoom</p>

- All classes are subject to change or be cancelled. Once we begin group classes at Quail Run Club we will also be offering classes on-line but the schedule will change.
- Check your emails weekly for updates and contact recreation for any questions.
- You do not have to sign-up for on-line Zoom classes.

If you are new to on-line Zoom classes 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, don t enter a class that has already began and promptly end the class when done.

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

HOPE TO SEE YOU AT THE CLUB SOON!