



ZOOM SCHEDULE

May 17-30

Join us for LIVE ZOOM workouts with some of your favorite Arena Club Trainers & Instructors! In the upcoming weeks, we will be offering both complimentary classes and paid classes through ZOOM, offering you a more personal connection to team and each other. Paid classes will offer more of a platinum/boot-camp style workout, and will help support our trainers and instructors during this crisis.

HOW TO ZOOM

- Download the free Zoom app on your mobile device or the software on your desktop computer by visiting www.zoom.us.
- Follow the instructions for setting up your username and password.
- From the Zoom home page, click at the top right-hand corner where it says "Join A Meeting."
- Enter the Meeting ID and password from the class you are joining. If you are joining a PAID class, the Meeting ID and Password will be emailed to you after you register.
- Choose how you are joining audio.
- We recommend logging in 5 minutes before class begins so you have the opportunity to get logged in and settled so that you are ready to start at class time.
- You can register for paid classes by logging into your Member Portal under Program Registration.

CLASS SCHEDULE

- Sunday, 5/17 - 9:00am - Yoga w/ Colleen
Zoom ID: 899-8397-6425
- Monday, 5/18 - 9:00am - Bootycamp w/ Wendy **\$ Registration Required**
Zoom ID and password will be emailed to you one hour prior to class
- Monday, 5/18 - 7:00pm - Functional Training w/Hilary **\$ Registration Required**
Zoom ID and password will be emailed to you one hour prior to class
- Thursday, 5/21 - 9:00am - BodyFlow with Justine
Zoom ID: 876-4929-6621
- Monday, 5/25 - 9:00am - Zumba with Candace (Memorial Day)
Zoom ID: 831-1422-2881
- Thursday, 5/28 - 9:00am - BodyCombat with Shaunna
Zoom ID: 867-2399-6109
- Saturday, 5/30 - 9:00am - OUTDOOR Bike Ride with Kim - Meet at The Arena Club employee parking lot (behind Naughty Dogs) by 8:45am. Must have bike and helmet. We'll ride 15 miles, flat and happy. In the event of inclement weather, a cancellation decision will be posted on facebook by 8:00am.

