



LIVE ZOOM CLASS SCHEDULE



zoom

<https://us02web.zoom.us/j/8656229614?pwd=VXQydThFSlhnTOhkRFd4YTJYskFVUT09>

Meeting ID: 865 622 9614

Password: 361676

JANUARY 2-31 / CST

MON	TUE	WED	THU	FRI
7:00 AM STRETCHING & MOBILITY		7:00 AM UPPER BODY STRENGTH		7:00 AM CORE
10:00 AM FULL BODY STRENGTH	10:00 AM MAT YOGA	10:00 AM CHAIR YOGA	10:00 AM SPECIALIST'S CHOICE	10:00 AM SPECIALIST'S CHOICE
2:00 PM CHAIR CARDIO	2:00 PM UPPER BODY STRENGTH	2:00 PM STANDING CARDIO	2:00 PM LOWER BODY STRENGTH	2:00 PM STRETCHING & MOBILITY
4:00 PM FITBALL	4:00 PM STRETCHING & MOBILITY	4:00 PM LOWER BODY STRENGTH	4:00 PM STRETCHING & MOBILITY	4:00 PM LOWER BODY STRENGTH

How to join Zoom workout on your computer:

1. Go to your internet browser and type join.zoom.us.
2. Enter your meeting ID & password provided by Kourage Health and click Join.
3. When asked if you want to open zoom.us, click Allow.

How to join Zoom workout on your smart phone or tablet:

1. Open the Zoom mobile app. If you have not downloaded the Zoom mobile app yet, you can download it for free from the App Store.
2. Join a meeting using one of these methods: Tap Join Meeting to participate without signing in or sign in to Zoom then tap Join.
3. Enter the meeting ID number, password and your display name.
4. Select if you would like to connect audio and/or video and select Join.

If you have any issues please call 903-561-0149.

Want to skip step 1? Click button below at designated day & time to go directly to Zoom class.



Join Kourage Health Live Zoom Workout!

Items frequently needed for workouts:

- Stretch Band
- Chair
- Dumbbells
- Yoga Mat
- Water Bottle
- Fitball