



LIVE ZOOM CLASS SCHEDULE



zoom

<https://us02web.zoom.us/j/8656229614?pwd=VXQydThFSlhnTOhkRFd4YTJYSkFVUT09>

Meeting ID: 865 622 9614

Password: 361676

CENTRAL TIME ZONE

MON	TUE	WED	THU	FRI
7:00 AM		7:00 AM		7:00 AM
FULL BODY STRENGTH		STRETCHING & MOBILITY		LOWER BODY STRENGTH
10:00 AM	10:00 AM	10:00 AM	10:00 AM	10:00 AM
MAT YOGA	STANDING CARDIO	CHAIR YOGA	FULL BODY STRENGTH	CHAIR CARDIO
2:00 PM	2:00 PM	2:00 PM	2:00 PM	2:00 PM
CORE	BALANCE & MOBILITY	UPPER BODY STRENGTH	DAY TO DAY FUNCTION	UPPER BODY STRENGTH
4:00 PM	4:00 PM	4:00 PM	4:00 PM	
STANDING CARDIO	LOWER BODY STRENGTH	LOWER BODY STRENGTH	UPPER BODY STRENGTH	

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

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.