KOURAGE HEALTH

LIVE ZOOM CLASS SCHEDULE

https://us02web.zoom.us/j/8656229614?pwd=VXQydThFSlhnT0hkRFd4YTJYSkFVUT09
Meeting ID: 865 622 9614 Password: 361676

zoom

CENTRAL TIME ZONE

MON	TUE	WED	THU	FRI
7:00 AM BALANCE & STABILITY		7:00 AM LOWER BODY STRENGTH		7:00 AM LOWER BODY STRENGTH
10:00 AM UPPER BODY STRENGTH	10:00 AM STRETCHING & MOBILITY	10:00 AM DAILY FUNCTIONING	10:00 AM LOWER BODY STRENGTH	10:00 AM UPPER BODY STRENGTH
2:00 PM FULL BODY STRENGTH	2:00 PM LOWER BODY STRENGTH	2:00 PM CORE	2:00 PM STANDING CARDIO	2:00 PM FITBALL
4:00 PM AGILITY	4:00 PM FULL BODY STRENGTH	4:00 PM FULL BODY STRENGTH	4:00 PM 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.