

Greenway Gym Virtual Fitness Classes V.2

(Just click on the class links below to participate, please arrive 10 mins early. The Zoom IDs and passwords are also here, in case this is an easier way to log in for you)

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
09.15-10.00 Strong Nation ID: 631 047 911 p/w: 667 002	09:15-10:00 Box Fit ID: 133 653 675 p/w: 415 475	09.15-10.00 Strong Nation ID: 631 047 911 p/w: 667 002	09:15-10:00 Box Fit ID: 133 653 675 p/w: 415 475	09:15-10:00 Strong Nation ID: 631 047 911 p/w: 667 002
10.45-11.30 Over 50's Pilates ID: 913 055 819 p/w: 397 486	11.00-12.00 Qi Gong with Karen ID: 685922064 p/w: 451 969	11:45-12:30 Intermediate Pilates ID: 227 903 357 p/w: 351 592	10.30-11.15 Forever Active ID: 159 064 011 p/w: 854 785	12:05-12:50 Box Fit ID: 283 527 477 p/w: 700 544
14.00-15.00 Gentle Seated Exercise ID: 537 697 431 p/w: 266 434			14.30-15.15 Mindfulness for Stress and Anxiety ID: 946 3002 0097 p/w: 298 760	

Please [DONATE](#) here so we can continue to run these classes.
Thank you and have fun!