

Adaptive P.E. Zoom Links

STRENGTH, BALANCE AND MOVEMENT LEVEL 1 with Scott Lohmann

Monday, Tuesday, Wednesday, Thursday, and Friday 10:00 am

<https://us06web.zoom.us/j/96201397851?pwd=VzR1bVNZOXQxOGhwVld2MEQ2cGtQdz09#success>

Yoga for Parkinson's with Arlene McCarthy Tuesday 10:00 am

https://zoom.us/meeting/register/tJwqc-mpqTMjH9wUV_GylsjHIYqPGw_arQ_j

Level 2 Circuit with Scott Lohmann and Sang Pvongnak

Tuesday and Thursday 2:30 pm

<https://us06web.zoom.us/j/95861951336?pwd=cHZQd2QycDg1K3Fpc2JVNWWh1NFIBQT09#success>

Gentle Chair Yoga with Ruth West

Thursday 11:00 am <https://zoom.us/j/95139790261?pwd=Um1qc05hUEIDcDdmejgyVWhXWIZkQT09>

Meeting ID: 951 3979 0261 Passcode: 728399

LINK TO YOUTUBE PLAYLISTS

<https://www.youtube.com/channel/UCzK3GUOmy8WWNjqhroSKwIA/playlis>

Zoom & YouTube unlimited use—\$50 month. Contact us for payment options.

Adaptive Physical Education

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