

## ZOOM LINKS:

### **General Conditioning with Scott Lohmann:**

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

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

To register:

<https://zoom.us/meeting/register/tJIvd-irpzwiH9WDxc04dGMragf7PHrrlg2v>

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

[https://zoom.us/meeting/register/tJwqc-mpqTMjH9wUV\\_GylsjHIYqPGw\\_arQ\\_j](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://zoom.us/meeting/register/tJElceihqzopGdJdF2LiNWFA3YR8ix\\_gTAcS](https://zoom.us/meeting/register/tJElceihqzopGdJdF2LiNWFA3YR8ix_gTAcS)

Advanced Level Exercise Class for People with Parkinson's with  
Theresa Najjar (Continues Free of Charge) Thursday 9:00

am [https://us02web.zoom.us/j/93174728594?](https://us02web.zoom.us/j/93174728594?pwd=K09MaE9ycDJlb0E5ak1STUQ2NTR1UT09)

[pwd=K09MaE9ycDJlb0E5ak1STUQ2NTR1UT09](https://us02web.zoom.us/j/93174728594?pwd=K09MaE9ycDJlb0E5ak1STUQ2NTR1UT09)

Meeting ID: 931 7472 8594

Password: Fantastic!

Seated Fitness Class for People with Parkinson's with Katie Parafinczuk  
(Continues Free of Charge)

Monday 4:00 pm (The day and time may change--please contact us)

<https://zoom.us/j/92100749150?pwd=dnZOS0YycWFZK1ZVWjVVTG5xaFBCUT09>

Gentle Chair Yoga with Ruth West

Thursday 10am – 11am

<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>