



## *Wednesday July 15th Virtual Schedule*

### Live Zoom Schedule

#### **Zumba with Darryl at 10am**

Zoom ID 585-904-4510

<https://us02web.zoom.us/j/5859044510>

#### **Exercise with Sheila at 11:30am**

Zoom ID: 862 9802 7529 Password: 684796

<https://us02web.zoom.us/j/86298027529?pwd=ekE4dGNVUjluVXhIUHhKQk1pVjgzdz09>

#### **Lois on the Piano at 12:15pm**

Zoom ID 311 865 3688

Password: EACSHIP

[https://zoom.us/j/3118653688?](https://zoom.us/j/3118653688?pwd=OW85NXB5RmdqY1pBMGIz1M0UEIYUT09)  
[pwd=OW85NXB5RmdqY1pBMGIz1M0UEIYUT09](https://zoom.us/j/3118653688?pwd=OW85NXB5RmdqY1pBMGIz1M0UEIYUT09)

### Live Facebook Schedule

Follow Glen Cove Senior Center on Facebook for Live classes!

Below please find Wednesday's classes

#### **Chair Yoga with Patty at 2pm**

