



## *Monday, July 13th Virtual Schedule*

### Live Zoom Schedule

#### **Tai Chi With Joseph at 10am**

Zoom ID: 895 8692 8817

Password: TAICHI

[https://us02web.zoom.us/j/89586928817?](https://us02web.zoom.us/j/89586928817?pwd=NTlwU00rSE1YQnBvcTdyS2o4MjNPZz09)  
[pwd=NTlwU00rSE1YQnBvcTdyS2o4MjNPZz09](https://us02web.zoom.us/j/89586928817?pwd=NTlwU00rSE1YQnBvcTdyS2o4MjNPZz09)

#### **Exercise with Victoria at 1:00pm**

zoom ID: 775 2782 3691

Password: 9K3nqv

[https://us04web.zoom.us/j/77527823691?](https://us04web.zoom.us/j/77527823691?pwd=NVdTUlppZWJ2ZThwUkRCeDZlN3R4Zz09)  
[pwd=NVdTUlppZWJ2ZThwUkRCeDZlN3R4Zz09](https://us04web.zoom.us/j/77527823691?pwd=NVdTUlppZWJ2ZThwUkRCeDZlN3R4Zz09)

#### **Zumba with Andrea at 2:00pm**

Zoom ID 757-851-7221

Password: Health

[https://us02web.zoom.us/j/7578517221?](https://us02web.zoom.us/j/7578517221?pwd=NllycWxGS2UzQnpuT1piZWw5WnhGUT09)  
[pwd=NllycWxGS2UzQnpuT1piZWw5WnhGUT09](https://us02web.zoom.us/j/7578517221?pwd=NllycWxGS2UzQnpuT1piZWw5WnhGUT09)

### Live Facebook Schedule

Follow Glen Cove Senior Center on Facebook for Live classes!

Below please find Monday's classes



#### **Tai Chi With Spencer at 2pm**

#### **Dancercise with Carol at 11am**



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