

WELLNESS CLASSES

Westshore Yacht Club is pleased to offer ZOOM (Video Conference) online fitness classes, starting Monday, May 11th, 2020. Please refer to the schedule below to find the class you wish to participate in. You will sign up with the instructor through email, and the instructor will send you a meeting ID number. Enjoy and be healthy!

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|-------------------|--------------------|---------|----------------------------------|
| Monday | | | |
| 6:00 Zumba | Instructor | Hazel | Email: hramos1011@gmail.com |
| Meeting ID | 472934113 | | PW:031735 |
| 6:30 Yoga | Instructor | Melanie | Email: melaniegyoshida@gamil.com |
| Meeting ID | 81052493795 | | PW: None |
| Wednesday | | | |
| 5:30 Zumba | Instructor | Hazel | Email: hramos1011@gmailcom |
| Meeting ID | 635356486 | | PW: 012403 |
| 6:30 Yoga | Instructor | Clare | Email: clareseng2013@gmail.com |
| Meeting ID | 4450038192 | | PW:05944950 |
| Friday | | | |
| 12:00 Pilates | Instructor | Melanie | Email: melaniegyoshida@gmail.com |
| Meeting ID | 86846041093 | | PW: None |
| Saturday | | | |
| 9:15 Zumba | Instructor | Hazel | Email: hramos1011@gmailcom |
| Meeting ID | 452210195 | | PW:018749 |
| 9:30 Yoga | Instructor | Megan | Email: Megan.ann.wade@gmail.com |
| Meeting ID | 573287270 | | PW: 061089 |

