

SpiriTrust Lutheran® Zoom Offerings

Day	Time	Program	Meeting ID and Password	Approx. Duration	Occurs	Link
Monday	9:30 a.m.	Chair Yoga-Hybrid	Meeting ID: 987 440 2824 Password: JESS	30 minutes	Weekly	https://us04web.zoom.us/j/9874402824?pwd=RFB_Eck9PcURCdVdDM0xkRWQ3SUV1dz09
Tuesday	9:30 a.m.	Mat Stretch	Meeting ID: 987 440 2824 Password: JESS	30 minutes	Weekly	https://us04web.zoom.us/j/9874402824?pwd=RFB_Eck9PcURCdVdDM0xkRWQ3SUV1dz09
Wednesday	9:30 a.m.	Fit Medley-Hybrid	Meeting ID: 987 440 2824 Password: JESS	30 minutes	Weekly	https://us04web.zoom.us/j/9874402824?pwd=RFB_Eck9PcURCdVdDM0xkRWQ3SUV1dz09
Thursday	9:30 a.m.	Circuit Strength-Hybrid	Meeting ID: 987 440 2824 Password: JESS	30 minutes	Weekly	https://us04web.zoom.us/j/9874402824?pwd=RFB_Eck9PcURCdVdDM0xkRWQ3SUV1dz09
Friday	9:00 a.m.	Chair Yoga with John	Meeting ID: 848 848 4515	45 minutes	Weekly	N/A
Friday	9:30 a.m.	Fit Medley-Hybrid	Meeting ID: 987 440 2824 Password: JESS	30 minutes	Weekly	https://us04web.zoom.us/j/9874402824?pwd=RFB_Eck9PcURCdVdDM0xkRWQ3SUV1dz09

Program Descriptions

- Chair Yoga: Jess Sheahan, life enrichment director at The Village at Gettysburg, will lead you in a seated yoga class that includes basic, traditional postures, flows and balance work. You may also choose to stand for this class.
- Fit Medley: Jess Sheahan, life enrichment director at The Village at Gettysburg, will lead you in a high energy, low impact exercise class. This class mixes simple choreography and upbeat music for a total body workout that includes a short warm-up, cardio and cool down. This is a standing class but can be modified to participate from a seated position. If you would like to join this class for the first time, please call Jess at 717.339.1673.
- Circuit Strength: Jess Sheahan, life enrichment director at The Village at Gettysburg, will lead you in a class to strengthen all of your major muscle groups. Repeated intervals of strength exercises are combined with short bursts of cardio and rest to give a total body workout. You will need appropriate hand weights or substitute with kitchen items like soup cans or water bottles, and a chair. If you would like to join this class for the first time, please call Jess at 717.339.1673.
- Mat Stretch: Jess Sheahan, life enrichment director at The Village at Gettysburg, will lead you in a total body stretch. This class is taught from the floor but can be modified for those wishing to stay seated in a chair. Light music is played with emphasis on breathing and demonstrating the best positions for your body to achieve a total body stretch. You will need a mat or a chair.
- Chair Yoga with John: John, a yoga instructor, will lead you in his yoga and chair yoga programs. This is orchestrated by The Village at Sprenkle Drive.

Hybrid classes take place both on Zoom and live from the classroom.