

# SpiriTrust Lutheran® Zoom Offerings

Day	Time	Program	Meeting ID and Password	Approx. Duration	Occurs	Link
<b>Monday</b>	9:30 a.m.	Chair Yoga- Hybrid	Meeting ID: 987 440 2824 Password: JESS	30 minutes	Weekly	<a href="https://us04web.zoom.us/j/9874402824?pwd=RFB_Eck9PcURCdVdDM0xkRWQ3SUV1dz09">https://us04web.zoom.us/j/9874402824?pwd=RFB_Eck9PcURCdVdDM0xkRWQ3SUV1dz09</a>
<b>Tuesday</b>	9:30 a.m.	Mat Stretch	Meeting ID: 987 440 2824 Password: JESS	30 minutes	Weekly	<a href="https://us04web.zoom.us/j/9874402824?pwd=RFB_Eck9PcURCdVdDM0xkRWQ3SUV1dz09">https://us04web.zoom.us/j/9874402824?pwd=RFB_Eck9PcURCdVdDM0xkRWQ3SUV1dz09</a>
<b>Wednesday</b>	9:30 a.m.	Fit Medley- Hybrid	Meeting ID: 987 440 2824 Password: JESS	30 minutes	Weekly	<a href="https://us04web.zoom.us/j/9874402824?pwd=RFB_Eck9PcURCdVdDM0xkRWQ3SUV1dz09">https://us04web.zoom.us/j/9874402824?pwd=RFB_Eck9PcURCdVdDM0xkRWQ3SUV1dz09</a>
<b>Thursday</b>	9:30 a.m.	Circuit Strength- Hybrid	Meeting ID: 987 440 2824 Password: JESS	30 minutes	Weekly	<a href="https://us04web.zoom.us/j/9874402824?pwd=RFB_Eck9PcURCdVdDM0xkRWQ3SUV1dz09">https://us04web.zoom.us/j/9874402824?pwd=RFB_Eck9PcURCdVdDM0xkRWQ3SUV1dz09</a>
<b>Friday</b>	9:30 a.m.	Fit Medley- Hybrid	Meeting ID: 987 440 2824 Password: JESS	30 minutes	Weekly	<a href="https://us04web.zoom.us/j/9874402824?pwd=RFB_Eck9PcURCdVdDM0xkRWQ3SUV1dz09">https://us04web.zoom.us/j/9874402824?pwd=RFB_Eck9PcURCdVdDM0xkRWQ3SUV1dz09</a>

# Program Descriptions

- Chair Yoga: Jess Sheahan, director of Life Enrichment 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, director of Life Enrichment 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 me, please call Jess at 717.339.1673.
- Circuit Strength: Jess Sheahan, director of Life Enrichment 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, director of Life Enrichment 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.

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