



MEMORIAL ATHLETIC CLUB
AND AQUATIC CENTER

MAC Virtual Group X Class Options September 21st - 27th

Monday

9:30am Virtual HIGH Fitness with Lindsey

Join Zoom Meeting [https://us04web.zoom.us/j/2195302735?
pwd=dVlqTDVaSDUzclVNeW14NEFJTjdTUT09](https://us04web.zoom.us/j/2195302735?pwd=dVlqTDVaSDUzclVNeW14NEFJTjdTUT09)

Meeting ID: 219 530 2735 Password: highfit

4:30pm Virtual STRENGTH Training with Pam

Join Zoom Meeting [https://us02web.zoom.us/j/9049315542?
pwd=ek5BTVAXaVJYTy8xUm5UeEF6V2RRdz09](https://us02web.zoom.us/j/9049315542?pwd=ek5BTVAXaVJYTy8xUm5UeEF6V2RRdz09)

Meeting ID: 904 931 5542 Password: 991950

Tuesday

9:30am Virtual Cardio, Strength & Core with Ashlee

Join Zoom Meeting [https://us02web.zoom.us/j/83252009038?
pwd=MVB1NF1xTWZ3TVkwT2hKTVPYRGFidz09](https://us02web.zoom.us/j/83252009038?pwd=MVB1NF1xTWZ3TVkwT2hKTVPYRGFidz09)

Meeting ID: 832 5200 9038 Password: workout

Wednesday

11:30am Virtual Hatha Yoga with Linda Shubert

Join Zoom Meeting [https://us02web.zoom.us/j/84533093922?
pwd=RDVHTU9GazA5S3lhNldSQkhURi9vZz09](https://us02web.zoom.us/j/84533093922?pwd=RDVHTU9GazA5S3lhNldSQkhURi9vZz09)

Meeting ID: 845 3309 3922 Password: Hatha

5:45pm Virtual Hatha Yoga with Debbie S - Debbie will be admitting members to the class at 5:45pm with class starting promptly at 6pm (90 min class)

Join Zoom Meeting [https://us02web.zoom.us/j/6835101956?
pwd=bnNGODBzL01Pa0I5ZGR3N01WRjA1Zz09](https://us02web.zoom.us/j/6835101956?pwd=bnNGODBzL01Pa0I5ZGR3N01WRjA1Zz09)

Meeting ID: 683 510 1956 Password: 412014

Thursday

9:30am Virtual HIGH Fitness with Ashlee

Join Zoom Meeting [https://us04web.zoom.us/j/2195302735?
pwd=dVlqTDVaSDUzclVNeW14NEFJTjdTUT09](https://us04web.zoom.us/j/2195302735?pwd=dVlqTDVaSDUzclVNeW14NEFJTjdTUT09)

Meeting ID: 219 530 2735 Password: highfit

11:00am Osteo Pilates with Morven

Join Zoom Meeting [https://us02web.zoom.us/j/86378463256?
pwd=MVJUUVtmMjh2eWIKM1kvNmh0Unc1Zz09](https://us02web.zoom.us/j/86378463256?pwd=MVJUUVtmMjh2eWIKM1kvNmh0Unc1Zz09)

Meeting ID: 863 7846 3256 Password: Osteo

12:30pm Virtual MFW Circuit Class with Sue

Join Zoom Meeting [https://us02web.zoom.us/j/82719119502?
pwd=dFdRMDImVzE3K1V1QTJIZ0JmQ1BRUT09](https://us02web.zoom.us/j/82719119502?pwd=dFdRMDImVzE3K1V1QTJIZ0JmQ1BRUT09)

Meeting ID: 827 1911 9502 Password: 089128