



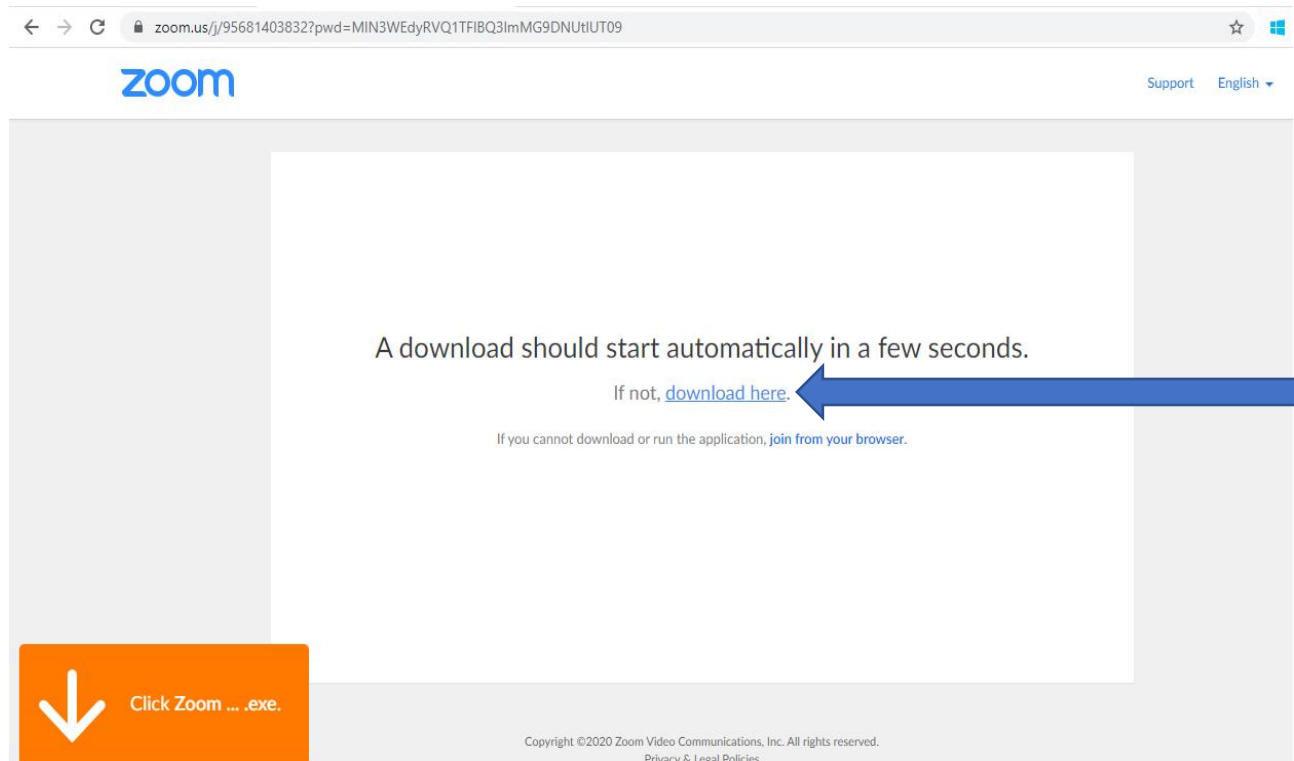
PLUM
COMMUNITY
CENTER

LEARN TO ZOOM FOR FITNESS

Topic: Learning to Zoom for PCC Fitness Classes

Click or copy and paste the link below onto your search bar:

<https://zoom.us/j/95681403832?pwd=MIN3WEdyRVQ1TFIBQ3ImMG9DNUtUT09>



It will take you to the screen pictured above, then click “download here” and use the information below for every class:

MEETING ID: 956 8140 3832

PASSWORD: 249005



PLUM
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YOU ARE INVITED TO ZOOM FITNESS MEETINGS!

- Monday – 9:45AM Chair Yoga
Monday – 10:30AM PWR! Moves
- Wednesday – 9:45AM Stability/Chair Yoga
Wednesday – 10:30AM Silver Sneakers Classic
- Friday – 9:45AM Chair Yoga
Friday – 10:30AM Silver Sneakers Classic

**Log on to meetings 15 minutes early, no one will be permitted to enter the room after the meeting starts

To Join Zoom Meeting follow the link below and click download

<https://zoom.us/j/95681403832?pwd=MIN3WEdyRVQ1TFIBQ3ImMG9DNUtlUT09>

Use the meeting code and password below for ALL classes

MEETING ID: 956 8140 3832

PASSWORD: 249005

We look forward to working out with you!

If you need assistance, please call us:

Sonja Apperson 917-526-1285

Anne Skreppen 412-352-1182

Plum Community Center: 412-795-2330