



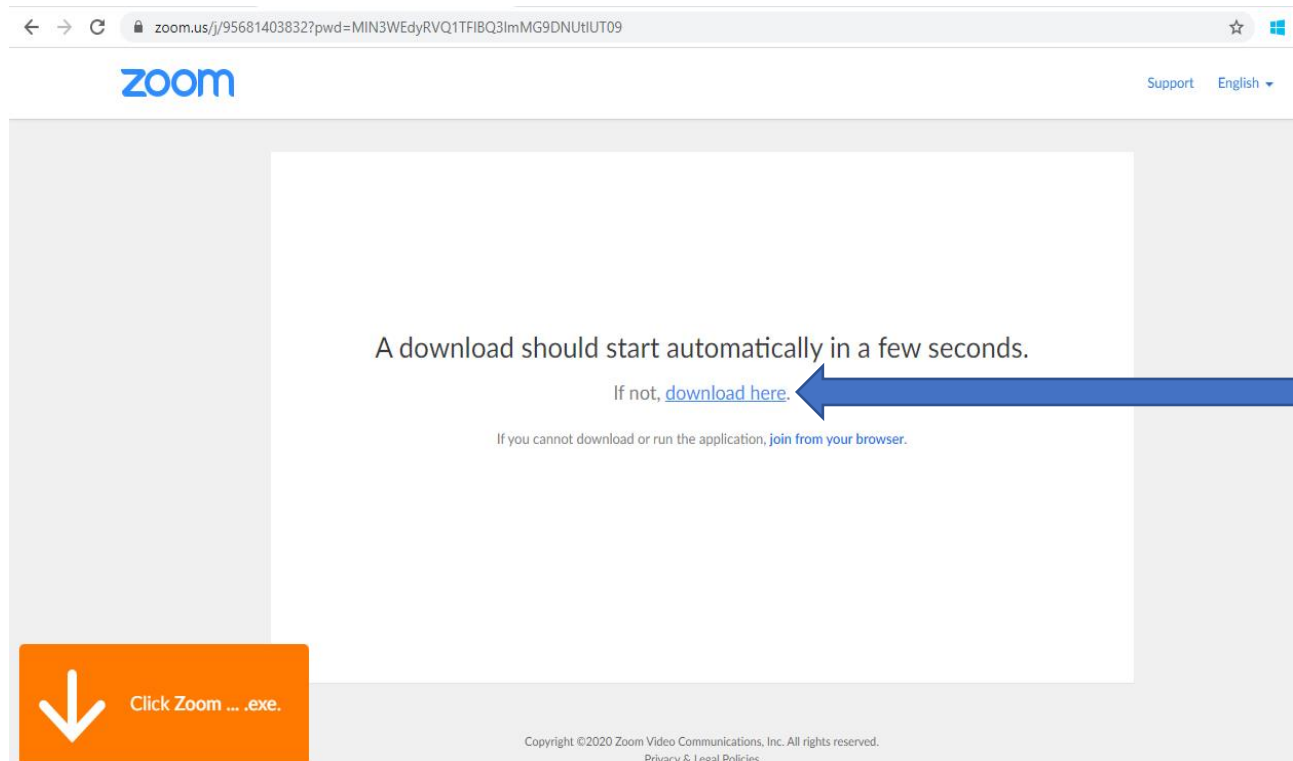
PLUM
COMMUNITY
CENTER

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=MIN3WEdyRVQ1TFIBQ3lmMG9DNUtlUT09>

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