

Virtual Class Schedule – Sewall Healthy Living Center

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Click this link and join using the unique ID noted below: <https://zoom.us/j>

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6:00 am Sunrise Yoga – Jenny ID 998 0650 7348		6:00 am Sunrise Yoga – Jenny ID 998 0650 7348		6:00 am Sunrise Yoga – Jenny ID 998 0650 7348	
9:00 am Vinyasa Yoga – Jenny ID 188 527 368	9:00 am Chair Yoga – Jenny ID 189 489 531	9:00 am Mat Pilates – Jenny ID 413 546 637	9:00 am Vinyasa Yoga – Jenny ID 188 527 368	9:00 am Chair Yoga Jenny ID 189 489 531	10:30 pm Self-Care Series 20 min – Noel ID 203 375 4218
10:30 am Mat Pilates – Jenny ID 999 6436 5758		10:30 am Chair Yoga – Jenny ID 911 8394 9876	10:30 am Simple Yoga – Cynthia ID 362 153 525	10:30 am Mat Pilates – Jenny ID 999 6436 5758	11:00 am Beginner Tai Chi – Noel ID 428 078 689
	11:00 am Beginner Tai Chi Noel ID 428 078 689		11:30 am Elevate Yoga (20min) Cynthia ID 581 745 089		12:00 pm Tai Chi – Noel ID 467 182 295
	12:00 pm Tai Chi – Noel ID 467 182 295	12:30 pm Health Rounds (20 min) Cynthia ID 946 1437 9671	12:30 pm Express Yoga (20 min) Cynthia ID 513 443 533	12:30 pm Health Rounds (20 min) Cynthia ID 946 1437 9671	1:00pm Tai Chi – Weapons Noel ID 858 4371 2540
	1:00 pm Self-Care Series 20 min – Noel ID 203 375 4218	1:30 pm Mindfulness (20min) Cynthia ID-786 540 753	1:30 pm Mindfulness (20min) Cynthia ID-786 540 753	1:30 pm Mindfulness (20min) Cynthia ID-786 540 753	All classes are FREE All times are PST Please join 10 minutes before to catch up & talk. If prompted for password use 92118 Q's? please call 619-522-3798 Mon-Fri 8:00 am - 4:30 pm or 1-800-82-SHARP on weekends
		2:30 pm Simple Yoga - Cynthia ID-823 730 723		2:30 pm Simple Yoga - Cynthia ID-823 730 723	
	3:30 pm Cardio Circuit – Jenny 853 5452 6505	3:30 pm Elevate Yoga – Cynthia ID 570 926 566	3:30 pm Healing Yoga – Cynthia ID 851 5721 8717	3:30 pm Elevate Yoga – Cynthia ID 570 926 566	
4:30 pm Cardio Circuit – Jenny ID 492 194 826	4:30 pm Vinyasa Yoga – Jenny ID 577 396 852	4:30 pm Cardio Circuit – Jenny ID 492 194 826	4:30 pm Restorative Yoga- Jenny ID 123 378 422	4:30 pm Cardio Circuit – Jenny ID 492 194 826	
		5:30 pm Healing Yoga – Cynthia ID 747 135 712		5:30 pm Healing Yoga – Cynthia ID 747 135 712	

Subject to change, for more updated info please visit SharpNet

5/5/2020

Sunrise Yoga – Jenny	Mon/Wed/Fri 6:00 am	ID: 998 0650 7348
Vinyasa Yoga – Jenny	Mon/Thu 9:00 am	ID:188 527 368
	Tues 4:30 pm	ID: 577 396 852
Mat Pilates – Jenny	Mon/Fri 10:30 am	ID: 189 489 531
	Wed 9:00 am	ID: 911 8394 9876
Chair Yoga – Jenny	Tues/Fri 9:00 am	ID: 189 489 531
	Wed/Fri 10:30 am	ID: 911 8394 9876
Cardio Circuit – Jenny	Mon/Wed/Fri 4:30 pm	ID: 492 194 826
	Tues 3:30pm	ID: 853 5452 6505
Restorative Yoga – Jenny	Thu 4:30 pm	ID: 123 378 422
Tai Chi – Noel	Tues/Sat 12:00 am	ID: 467 182 295
Beginner Tai Chi - Noel	Tues/Sat 11:00 pm	ID: 428 078 689
Tai Chi – Weapons	Saturday 1pm	ID: 858 4371 2540
Simple Yoga – Cynthia	Thu 10:30 am	ID: 362 153 525
	Wed/Fri 2:30 pm	ID: 823 730 723
Healing Yoga – Cynthia	Thu 3:30pm	ID: 851 5721 8717
	Wed/Fri 5:30 pm	ID: 747 135 712
Express Yoga (20 min) – Cynthia	Thu 11:30 am	ID: 513 443 533
Elevate Yoga (20 min) – Cynthia	Thu 12:30 pm	ID: 581 745 089
Elevate Yoga – Cynthia	Wed/Fri 3:30 pm	ID: 570 926 566
Health Rounds (20 min) – Cynthia	Wed/Fri 12:30 pm	ID: 946 1437 9671
Mindfulness (20 min) – Cynthia	Wed/Thu/Fri 1:30 pm	ID: 786 540 753
Self-Care Series - Noel	Tues 1:00pm	ID 203 375 4218
	Sat 10:30am	ID 203 375 4218