

Greetings Bay-O-Vista Swim and Tennis club members,

During the challenging times of this pandemic, we are pleased to continue **B.O.V.'s Virtual Fitness Classes in 2021**. By now many of you are familiar with the website "zoom.us" where you can download the Zoom app. It is quite easy since you do not need to have your own account. You can just download the zoom app. Here is a helpful link on how to join a Zoom meeting:  
<https://support.zoom.us/hc/en-us/articles/201362193-How-Do-I-Join-A-Meeting->

Please note that by logging in to any of these "Zoom" classes, you agree to the following:  
*I acknowledge that participating in virtual/online Bay-O-Vista Swim and Tennis Club's classes has risk of injury. I hereby release and waive for myself, my heirs, my executors and administrators any and all rights to claims or damages against Bay-O-Vista Swim and Tennis Club, Inc. and its instructors during any virtual/online group exercise/fitness classes.*

### BOV ZOOM FITNESS CLASS SCHEDULE

START TIME	CLASSES	INSTRUCTOR	DURATION	MEETING ID	PASSWORD
<b>MONDAYS</b>					
8:00am	L.I.F.F.T.	Jana	45 min	894-8559-1271	XXX
11:00am	Pilates Fusion	Dallis	45 min	844-0421-8292	XXX
4:00pm	Kidfit 4-9 yrs	Kelty	45 min	744-3747-7814	XXX
5:00pm	Yoga	Jennifer W	50 min	845-7397-3219	XXX
6:00pm	Strength	Teresa	45 min	899-3899-4799	XXX
<b>TUESDAYS</b>					
8:00am	Cardio Sculpt	Jennifer K	40 min	710-5428-0587	XXX
10:00am	Gentle Flow Yoga	Dallis	50 min	831-3018-7477	XXX
5:00pm	Pop Pilates	Stephanie	45 min	847-4492-0806	XXX
<b>WEDNESDAYS</b>					
11:00am	Pilates Fusion	Dallis	45 min	814-6843-2850	XXX
4:00pm	Kidfit 4-9 yrs	Kelty	30 min	771-8144-8019	XXX
5:00pm	Mobility & Flexibility	Keiller	40 min	774-4659-3606	XXX
<b>THURSDAYS</b>					
8:00am	Cardio Sculpt	Cynthia	45 min	867-8180-3224	XXX
10:00am	Gentle Flow Yoga	Jennifer W	50 min	840-3678-4953	XXX
11:00am	L.I.F.F.T.	Dallis	45 min	871-9832-3830	XXX
6:00pm	Strength	Teresa	45 min	835-8985-4516	XXX
<b>FRIDAYS</b>					
9:00AM	Cardio Sculpt	Sally	45 min	831-1328-0585	XXX
11:00am	Back Care & Mobility	Dallis	45 min	851-3658-0061	XXX
5:00pm	Yoga Sculpt	Justin	40 min	799-2564-6736	XXX
<b>SATURDAYS</b>					
9:00am	Strength	Stephanie	45 min	850-3828-8383	XXX
11:00am	POP Pilates	Mimi	45 min	853-1586-2075	XXX
<b>SUNDAYS</b>					
9:00am	Cardio Sculpt	Cynthia	45 min	878-7892-2766	XXX
11:00am	Gentle Flow Yoga	Megan	50 min	828-6758-3380	XXX