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

For those members who are unable to participate in-person classes, we are offering **B.O.V.'s Virtual Fitness Classes for SEPT-OCTOBER 2026**. 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
MONDAYS					
11:00am	Pilates Fusion	Dallis	45 min	844-0421-8292	XXX
TUESDAYS					
10:00am	Flow Yoga	Dallis	45 min	831-3018-7477	XXX
WEDNESDAYS					
10:00am	Strength	Teresa	45 min	889-8883-3712	XXX
THURSDAYS					
11:00am	TBC Morning Boost	Dallis	45 min	871-9832-3830	XXX
FRIDAYS					
11:00am	Total Back Care	Dallis	45 min	851-3658-0061	XXX