

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

During the challenging times of this pandemic, we are pleased to announce **B.O.V.'s Virtual Fitness Classes for SEPTEMBER-OCTOBER 2024**. 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>    |                   |            |          |               |          |
| 11:00am           | Pilates Fusion    | Dallis     | 45 min   | 844-0421-8292 | XXX      |
| <b>TUESDAYS</b>   |                   |            |          |               |          |
| 10:00am           | Flow Yoga         | Dallis     | 45 min   | 831-3018-7477 | XXX      |
| <b>WEDNESDAYS</b> |                   |            |          |               |          |
| 10:00am           | Strength          | Teresa     | 45 min   | 889-8883-3712 | XXX      |
| <b>THURSDAYS</b>  |                   |            |          |               |          |
| 11:00am           | TBC Morning Boost | Dallis     | 45 min   | 871-9832-3830 | XXX      |
| <b>FRIDAYS</b>    |                   |            |          |               |          |
| 11:00am           | Total Back Care   | Dallis     | 45 min   | 851-3658-0061 | XXX      |
|                   |                   |            |          |               |          |
|                   |                   |            |          |               |          |