November 2026 ZOOM Schedule

Must Register in Advance for Classes Using the Link Below the Class

Barre Sculpt

8:30 AM - 9:30 AM Monday & Wednesday with Patty McNulty

Barre Sculpt class is a workout technique inspired by elements of ballet, yoga, and Pilates, that focuses on low-impact, high intensity movements designed to strengthen and tone your body, improve muscle endurance and balance using light weights, loop bands, or household items.

https://us02web.zoom.us/meeting/register/Su_MerXcStCoyPrY1HhufQ

ToughAgers® and Tough Muscle

1:00 – 2:00PM Monday, Wednesday & Friday with Deborah Rothschild

These comprehensive senior fitness workouts feature low-impact cardio, balance, strength, core, and flexibility training to help you build strength, enhance endurance, improve mobility, and promote overall well-being. Each session includes modifications and options to accommodate all fitness levels.

https://us02web.zoom.us/meeting/register/H4gmglY1Rzu4-19JSdQL1Q

Strength & Stretch

9:45 AM – 11:00 AM Tuesday & Thursday with Patty McNulty

Strength & Stretch is a fun fitness class designed for all fitness levels and ages. A combination of low impact cardio exercises with muscle sculpting and core balancing exercises. Followed by a 15-minute stretch. Use of weights and resistance bands.

https://us02web.zoom.us/meeting/register/aDhYhBrvRMyeh6AcUGXoOg

ZUMBA & Abs

9:30 – 10:45AM Wednesday with Stacy Dunnett

https://us02web.zoom.us/meeting/register/Qesb74eEQCKH3Qnv9nWHPA

ZUMBA & Beats n Feet's

Tuesday & Thursday 5:30 – 6:30 PM with Stacy Dunnett

https://us02web.zoom.us/meeting/register/4xgAczpiTRWyEJBiDiu_Ow

Step & Hip Hop

Friday 8:30 – 10:15AM with Stacy Dunnett

https://us02web.zoom.us/meeting/register/kCVSAGCsSWeP0jwHdgikWg