

Holly Jolly Holiday Zoom Classes

Yes, classes will run as normal from December 21 – 24, 2020 (inclusive).

Join Michelle and Sheila for fun festive classes to help keep your spirits merry and bright. Look for the January 2021 Calendar in your inbox soon. It will feature your favourite classes plus some new additions.

Click on the [link](#) or copy and paste it into your browser OR use the ID and Pass Code (case sensitive)

Monday, December 28th

10:00 a.m. Gentle Stretch & Strengthen

<https://us02web.zoom.us/j/85267130918?pwd=b2lBY3ptSTlOV1RGVHorNHd5QlRyZz09>

ID: 852 6713 0918 Pass Code: Gentle (capital G)

11:00 a.m. Advanced Cardio & Strength

<https://us02web.zoom.us/j/353640081?pwd=e1B1VTloanpocDNScEVlbdzGWEI0Zz09>

ID: 353 640 081 Pass Code: 267589

Tuesday, December 29th

10:00 a.m. Morning Energizer

<https://us02web.zoom.us/j/88597822244?pwd=R0l4Qyt5VlJXK2gyYlROam0yYjFyUT09>

ID: 885 9782 2244 Pass Code: Energy (capital E)

11:00 a.m. Advanced Cardio & Strength

<https://us02web.zoom.us/j/353640081?pwd=e1B1VTloanpocDNScEVlbdzGWEI0Zz09>

ID: 353 640 081 Pass Code: 267589

Wednesday, December 30th

10:00 a.m. Morning Energizer

<https://us02web.zoom.us/j/88597822244?pwd=R0l4Qyt5VlJXK2gyYlROam0yYjFyUT09>

ID: 885 9782 2244 Pass Code: Energy (capital E)

11:00 a.m. Advanced Cardio & Strength

<https://us02web.zoom.us/j/353640081?pwd=e1B1VTloanpocDNScEVlbdzGWEI0Zz09>

ID: 353 640 081 Pass Code: 267589

Thursday, December 31st

10:00 a.m. Morning Energizer

<https://us02web.zoom.us/j/88597822244?pwd=R0l4Qyt5VlJXK2gyYlROam0yYjFyUT09>

ID: 885 9782 2244 Pass Code: Energy (capital E)

11:00 a.m. Advanced Cardio & Strength

<https://us02web.zoom.us/j/353640081?pwd=e1B1VTloanpocDNScEVlbdzGWEI0Zz09>

ID: 353 640 081 Pass Code: 267589

Friday, January 1st

10:00 a.m. Gentle Stretch & Strengthen

<https://us02web.zoom.us/j/85267130918?pwd=b2lBY3ptSTlOV1RGVHorNHd5QlRyZz09>

ID: 852 6713 0918 Pass Code: Gentle (capital G)

11:00 a.m. Advanced Cardio & Strength

<https://us02web.zoom.us/j/353640081?pwd=e1B1VTloanpocDNScEVlbdzGWEI0Zz09>

ID: 353 640 081 Pass Code: 267589