



ADAPTIVE PHYSICAL EDUCATION

Zoom Class & YouTube Links



STRENGTH, BALANCE AND MOVEMENT LEVEL 1 with Scott Lohmann

Monday, Tuesday, Wednesday, Thursday, and Friday 10 am

<https://us06web.zoom.us/j/96201397851?pwd=VzR1bVNZOXQxOGhwVld2MEQ2cGtQdz09>

Meeting ID: 962 0139 7851 Passcode: 014426



CHAIR YOGA with Ruth West

Mondays 11 am

<https://us06web.zoom.us/j/95139790261?pwd=Um1qc05hUElDcDdmeigyVVhXWlZkQT09>

Meeting ID: 951 3979 0261 Passcode: 728399



GENTLE YOGA with Arlene McCarthy

Tuesdays 10 am

<https://us06web.zoom.us/j/98740178958?pwd=OTFXZDVXR01nSzZiYU5sK3RNSm1Udz09>

Meeting ID: 987 4017 8958 Passcode: 374748

YOUTUBE CHANNEL & VIDEO LIBRARY



Visit our YouTube channel for a full library of fitness & yoga videos available for all our members

@adaptivepe1591

<https://www.youtube.com/channel/UCzK3GUOmy8WWNjqhroSKwIA/playlis>

**Adaptive PE unlimited Zoom & YouTube membership is available for \$50 month.
Contact us for payment options.**

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