

# **Adaptive P.E. Zoom Links**

## **General Conditioning with Scott Lohmann**

Monday, Tuesday, Wednesday, Thursday, and Friday 10:00 am

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

## **Yoga for Parkinson's with Arlene McCarthy** Tuesday 10:00 am, Thursday 9:30 am

[https://zoom.us/meeting/register/tJwqc-mpqTMjH9wUV\\_GylsjHIYqPGw\\_arQ\\_j](https://zoom.us/meeting/register/tJwqc-mpqTMjH9wUV_GylsjHIYqPGw_arQ_j)

## **Level 2 Circuit with Scott Lohmann and Sang Pvongnak**

Tuesday and Thursday 2:30 pm

<https://us06web.zoom.us/j/95861951336?pwd=cHZQd2QycDg1K3Fpc2JVNWWh1NFIBQT09#success>

## **Gentle Chair Yoga with Ruth West**

Thursday 11:00 am <https://zoom.us/j/95139790261?pwd=Um1qc05hUEIDcDdmejgyVWhXWIZkQT09>

Meeting ID: 951 3979 0261 Passcode: 728399

## **LINK TO YOUTUBE PLAYLISTS**

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

**Zoom & YouTube unlimited use—\$50 month. Contact us for payment options.**

## **Adaptive Physical Education**

Mailing Address: 1455 Madison Ave. Redwood City, CA. 94061

Email: [info@adaptivepevmcsc.org](mailto:info@adaptivepevmcsc.org) Website: [www.adaptivepevmcsc.org](http://www.adaptivepevmcsc.org)

Phone: (650)368-7732