

Carroll County Senior and Community Centers Virtual Fitness Class Schedule (July 13th– July 24th, 2020)

These classes are for persons 60+ only

FITNESS AND EXERCISE DISCLAIMER

THIS DISCLAIMER IS POSTED AND READ PRIOR TO EVERY FITNESS CLASS.

IT IS IMPORTANT TO UNDERSTAND THAT THIS EXERCISE VIDEO MAY PRESENT CERTAIN INHERENT RISKS. YOU ARE ENCOURAGED TO CONSULT YOUR PHYSICIAN CONCERNING YOUR FITNESS BEFORE PARTICIPATING. BY PARTICIPATING IN THE PHYSICAL EXERCISES OR TRAINING ACTIVITY DEMONSTRATED IN THIS VIDEO, YOU UNDERSTAND THAT YOU DO SO ENTIRELY AT YOUR OWN RISK AND ASSUME ALL RISKS OF INJURY, ILLNESS, OR DEATH. THROUGH PARTICIPATION, YOU WAIVE ALL CLAIMS AND RELEASE THE COUNTY, THE OFFICE, AND THEIR RESPECTIVE OFFICIALS, EMPLOYEES, AGENTS, AND VOLUNTEERS FROM ALL LIABILITY FOR DAMAGE OR INJURY OF ANY KIND THAT MAY ARISE, DIRECTLY OR INDIRECTLY.

We are very excited to be able to offer virtual classes while you remain safe at home!

Please review our Fitness and Exercise Disclaimer before joining any class. Instructors will be taking attendance in the beginning of each class so we ask that you enter the “virtual waiting room” 10-15 minutes prior to your class start time. Some classes may require registration when you first click on their link.

If you'd like to familiarize yourself with how Zoom works, please click the links below for detailed instructions and videos on how to utilize this platform.

[How to Join a Zoom Meeting](#)

(Zoom Help Center– has detailed instructions on how to join from multiple devices, i.e. phone or computer)

[Joining a Zoom Call for the First Time; Fun and Easy Online Connection \(YouTube Video\)](#)



Safety Reminder: Please make sure you have on the correct shoes and are in a safe environment before you begin class (i.e. furniture out of the way, no cords or trip hazards nearby, water bottle and/or equipment safely off to the side).



Carroll County Senior and Community Centers Virtual Fitness Class Schedule

MONDAY (7/13, 7/20):

Senior Fun and Fitness with Chris Konior (normally at North Carroll)

10:00 am-11:00 am

<https://us02web.zoom.us/j/87314105780>

Meeting ID 873 1410 5780

Senior Fun and Fitness with Chris Konior (normally at Taneytown)

12:30 pm-1:30 pm

<https://us02web.zoom.us/j/86417387098>

Meeting ID 864 1738 7098

TUESDAY (7/14, 7/21):

Arthritis Exercise with Chris Konior (normally at South Carroll)

9:15 am-10:15 am

<https://us02web.zoom.us/j/81669715965>

Meeting ID 816 6971 5965

Senior Fun and Fitness with Chris Konior (normally at South Carroll)

10:30 am-11:30 am

<https://us02web.zoom.us/j/89887893651>

Meeting ID 898 8789 3651

Zumba Gold with Jenni Combs (normally at Mt. Airy)

1:30 pm-2:30 pm

https://us02web.zoom.us/meeting/register/tZYocO6pqzsvG9QijjKysm_iEOdtrYwsPPqV

Meeting ID 825 7715 0510

Password **098626**

WEDNESDAY (7/15, 7/22):

Arthritis Exercise with Chris Konior (normally at North Carroll)

10:00 am-11:00 am

<https://us02web.zoom.us/j/89791698201>

Meeting ID 897 9169 8201

Arthritis Exercise with Chris Konior (normally at Taneytown)

12:30 pm-1:30 pm

<https://us02web.zoom.us/j/82082021627>

Meeting ID 820 8202 1627

Zumba Gold with Alex Shilling (normally at North Carroll)

1:00 pm-2:00 pm

<https://us02web.zoom.us/j/82586086790?pwd=QkR0QlhSd1M4S2hxemdtZXdyMkl4dz09>

Meeting ID: 825 8608 6790

Password: 499983



Carroll County Senior and Community Centers Virtual Fitness Class Schedule (continued)

THURSDAY (7/16, 7/23):

Staying Fit with Chris Konior (normally at Taneytown)

9:30 am-10:30 am

<https://us02web.zoom.us/j/83523197906>

Meeting ID 835 2319 7906

Arthritis Exercise with Alex Shilling (normally at Westminster)

10:00 am– 11:00 am

<https://us02web.zoom.us/j/89941353936>

<pwd=bVN0UUNtMIUwR3RlaTZwcVhtVHdFQT09>

Meeting ID: 899 4135 3936

Password: 162616

Arthritis Exercise with Chris Konior (normally at Mt. Airy)

12:30 pm-1:30 pm

<https://us02web.zoom.us/j/83788390584>

Meeting ID 837 8839 0584

Zumba Gold with Alex Shilling (normally at Westminster)

12:30 pm-1:30 pm

[https://us02web.zoom.us/j/88327465706?](https://us02web.zoom.us/j/88327465706?pwd=RXVVRQ3hiVG9lSTA5WFhIbEx2UmJ5dz09)

<pwd=RXVVRQ3hiVG9lSTA5WFhIbEx2UmJ5dz09>

Meeting ID: 883 2746 5706

Password: 063297

Strength and Mobility with Jenni Combs* (normally at Mt. Airy)

1:30 pm-2:15 pm

<https://us02web.zoom.us/meeting/register/tZ0uf-mrqT4iEtVBk75-SwDXECx7vUos1fb6>

Meeting ID 893 8037 5881

Password 198274

***This class is not recommended for participants with severe arthritis or any other known health concerns**

FRIDAY (7/17, 7/24):

Senior Fun and Fitness with Chris Konior (normally at North Carroll)

10:00 am-11:00 am

<https://us02web.zoom.us/j/81280858594>

Meeting ID 812 8085 8594

Arthritis Exercise with Alex Shilling (normally at Westminster)

1:00 pm –2:00 pm

[https://us02web.zoom.us/j/85049312241?](https://us02web.zoom.us/j/85049312241?pwd=VDU5NFR3VWdSd1N2Yk1WRytVUEdtZz09)

<pwd=VDU5NFR3VWdSd1N2Yk1WRytVUEdtZz09>

Meeting ID: 850 4931 2241

Password: 334932

