

ZOOM - FREE WORKSHOPS



SATURDAY, JANUARY 9

ZUMBA with Josue

Come and dance with us! All levels welcome.

10am

Zoom link:

<https://zoom.us/j/99844277503>

SATURDAY, JANUARY 9

YOUTH FITNESS with "COACH AVI"

Learn basic and advanced training challenges for youth and teens of all levels. This full body workout will get you moving in a challenging and fun way! (ages 9 -15)

2pm

Registration required!

Once registered, you will receive a passcode

WEDNESDAY, JANUARY 13

LUNCHTIME TABATA

A high intensity interval training which incorporates cardio and strength training exercises in 20 second intervals

12pm

Zoom link:

<https://zoom.us/j/95097611292>

SUNDAY, JANUARY 17

YOGA with Lori

Stretch, relax and breathe!
Join us for some yoga. All levels welcome

11am

Zoom link:

<https://zoom.us/j/98725570395>

TUESDAY, JANUARY 19

Youth Fitness with "COACH AVI"

See above! ↑

4pm

Registration required!

Once registered, you will receive a passcode

TUESDAY, JANUARY 26

LUNCHTIME HIIT

Are you working from home and looking to workout? join us for a 45 minute high intensity workout. All fitness levels welcome

12pm

Zoom link:

<https://zoom.us/j/94550923341>

SUNDAY, JANUARY 31

YOGA for kids

Fun intro to yoga workshop for kids!
(ages 4 - 8)

11am

Zoom link:

<https://zoom.us/j/98117338065>

To register or obtain information, please contact: jweiss@ddo.qc.ca