

Virtual Fitness Classes:

During these unprecedented times, we have added online classes to encourage you to stay active! We offer many classes in our private Facebook Group ([Click here to join](#)).

We also offer Zumba classes, via the Zoom platform.

The Zumba class schedule and [Zoom](#) login credentials are:

Monday, Wednesday, Friday

12:00pm with Sloan

Meeting ID: 163-199-134

\*No password, please use your name when signing in to be approved.

Wednesday

5:30pm with Abby

Meeting ID: 839 5043 0624

Passcode: 029678

Tuesday and Thursday

9:00am with Daphne

Meeting ID: 814 1030 1173

Password: 000974

Tuesday and Thursday

10:00am with Abby

Meeting ID: 875 2788 1245

Passcode: 399824

Contact Jenifer Pressley at [jeniferpressley@jacksonnc.org](mailto:jeniferpressley@jacksonnc.org) or 828-293-3053 ext 7 for more information regarding Group Fitness Classes.