



Zoom Classes

What exactly are our Zoom classes?

Zoom classes are a great way to start or continue an exercise program from the comfort, privacy and safety of your home. Certified instructors will lead participants through various types of exercises – just not in person. This is all done through the computer or whatever device people prefer as long as they can access the Zoom App. Some use iPads, laptops, desk computers or cell phones. We coach you on exactly how to navigate your system to be able to participate. What we offer:

- Guide to setting up a home workout area (including what equipment may be used)
- Safe and effective workouts to help with Balance, Cardiovascular needs, Muscle strengthening and Range of motion
- Help navigating the Zoom software
- Social camaraderie as we chat and socialize before and after each class

FALL, 2024 Session: Sept 9 – Dec 19

Registration below

Please note that registration for new students must be received before the class link can be given out.



Gentle Yoga: Sept 9 – Dec 16

Various Yoga postures are performed seated (sometimes standing will be an option using the chair for support). Emphasis is on increasing strength, range of motion, overall body conditioning and balance. The format of the class includes a warm up with breathing techniques, the main yoga routine, and a final stretch along with a guided relaxation.

Mondays only 10:00 – 10:45am (no class 5/27)

15 classes - \$119.00 Instructor: Linda

Standing/Seated Total Body: Sept 10 – Dec 12

This class is gentler version of the above class where you will get a total body workout without the floor work. Instead we use chairs for seated abdominal moves and balance challenges. Hand weights (and sometimes an inflatable 9 – 12" ball) are also used. Postural muscles are highly focused on as well as leg strength to help with fall prevention.

Tuesdays and Thursdays 12:00 – 12:45pm

Instructor: Nancy

27 classes - \$196.00

Tuesdays only (14 classes) - 119.00

Thursdays only (13 classes) - \$112.00

New Students: To Register please email me the following information:

(Returning students do not have to send me this information)

Name, address, best contact phone #, best email address, method of payment (see next page) Note: By registering you agree that you are exercising at your own risk and that you will modify anything we are doing to suit your needs.

New participants will receive:

- If needed, notes on how to download and navigate Zoom*
- A list of helpful supplies to have on hand before the classes starts*
- A list of Zoom “protocols” to be followed (i.e. “muting” your device during class)*
- A Zoom meeting link that you click and a password (if needed) for access to the meetings*

Methods of payment:

- PAYPAL** If you have a PayPal account, you can transfer funds to me using the Send Money option. **The email associated with my PayPal account is:** nancyb223@gmail.com. **The name associated with the account is Nancy Brouillette**
- VENMO** Alternatively, you can **Venmo** me. My account name is [Nancy Brouillette](mailto:nancyb223@gmail.com) or you can use the same email address as Paypal: nancyb223@gmail.com.
- CREDIT CARD** You can use a credit card and **call me** with your credit card information (so it is not sent by email). *Credit card payments have an additional \$5.00 charge. Call 301-922-7636.*
- PAPER CHECK** Lastly, you could mail a paper check to:

**Nancy B
PO Box 1113
Rockville, MD 20849**

***Some testimonials about our ZOOM classes:**

“As always, your classes give me such an overall workout. I feel like I get cardio, strength, stretching & great specific instructions.”

“Because of you, I’m in better physical condition at 80ish than I was in my 40's when I began to exercise!”

“Thank you also for your positive, upbeat personality, introducing me to new songs & your joy of singing along as you exercise!”

"I love the exercise, the camaraderie and the fun!"

"I LOVE this Zoom class! It's a terrific workout and I love how you describe in depth what body part we are working on. I hope these classes continue for a long time."

For more information email Nancy at Nancyb223@gmail.com