



Virtual Standing/Seated Total Body Conditioning Classes

SPRING, 2025 Session: April 8 – June 5

You will get a head to toe workout without having to get down on the floor. 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

Certified Instructor: Nancy

18 classes - \$144.00

Tuesdays only (9 classes) - 85.00

Thursdays only (9 classes) - \$85.00

CLASSES are held over Zoom! 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. 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
- Moves can be performed standing or seated (and we do include a 10 minutes seated portion for abdominal work in every class)
- Help navigating the Zoom software
- Social camaraderie as we chat and socialize before and after each class

Registration on page 2

New Students: To Register please email the following information to: Nancyb223@gmail.com

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

Name, address, best contact phone #, best email address, method of payment (see below) 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 for access to the meetings*

Methods of payment:

1. **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](#)**
2. **VENMO** Alternatively, you can **Venmo** me. My account name is [Nancy Brouillette](#) or you can use this email address as: nancyb223@gmail.com
3. **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.*
4. **PAPER CHECK** Lastly, you could mail a paper check to: **Nancy Brouillette
PO Box 1113
Rockville, MD
20849**

**Questions?
Call Nancy at 301-922-7636 or
email Nancyb223@gmail.com**

***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."

We hope to see you!