



Online Fitness Classes

Monday @ 9:00am, Pilates with Domi Godfrey – ID Number: **915 6864 2393**

Monday @ 11:15am, Yoga with Madelaine Partsioglou – ID Number: **828 6319 9780**

Tuesday @ 7:00am, Bootcamp with Linda Mrkic – ID Number: **823 126 4926 (password: YUTU)**

Tuesday @ 7:30am, Yoga with Madelaine Partsioglou – ID Number: **369 938 287**

Tuesday @ 9:00am, Pilates with Lauren Drago – ID Number: **810 6382 7623**

Tuesday @ 6:00pm, Yoga/Pilates Mix with Zoe Fenlon – ID Number: **864 1999 6397**

Wednesday @ 7:00am, Pilates with Zoe Fenlon – ID Number: **897 1087 8058**

Wednesday @ 10:30am, Pilates with Lauren Skopal – ID Number: **972 5818 8764**

Wednesday @ 5:30pm, Yoga with Madelaine Partsioglou – ID Number: **849 9050 4373**

Thursday @ 9:00am, Pilates with Lauren Drago – ID Number: **898 2386 0459**

Thursday @ 9:00am, Meditation with Annika Glac – ID Number: **895 8934 1630**

Friday @ 9:00am, Pilates with Domi Godfrey – ID Number: **997 8826 9652**

Saturday @ 9:30am, Pilates with Lauren Drago – ID Number: **838 7811 1588**

ACCESSING FITNESS CLASSES

There is no need to register for classes, simply login via zoom a few moments before the scheduled start time, click on 'join a meeting' and type in the applicable ID Number (indicated beside the session above) into the 'meeting ID' field and click to join.

To create a Zoom account, type <https://zoom.us/signup> into your browser and follow the prompts.

Sessions are \$8.50 each except for Linda's Bootcamp on Tuesday, which is \$5.00 due to the shortened duration of 30 minutes. If you attend four or more classes, the price is capped at \$30.00 per week.

The cost of the classes you attend will be charged to your house account.

All classes are set as recurring. You do not need to contact Jarrad each week for the codes; they will remain unchanged for six weeks.

Should you have any queries, please contact Jarrad Wright via jarradwright@rsyltc.org.au or by calling 9829 1533.