2021 Zoom Fitness Schedule Updated 2/26/2021

PARA is currently offering 3 styles of fitness classes. They are as follows.

1. **On-Site classes**: classes will be at a specific facility. They will have the max capacity in (parenthesis). Currently not all centers have on- site classes.
2. **Hybrid classes**: classes are on-site at a specific facility but Zoom capable for all other members. These classes will also have a max capacity in (parenthesis). For Zoom access please read Zoom class explanation.
3. **Zoom classes**: classes will be virtual only, with no on-site members. Each Zoom capable class will have a specific meeting ID number. You will have to download the app and enter the ID number. You will need a password. For password or help you can call the Faucett Center at 205.331.5600.

Class	Zoom ID	Time	Day	Instructor
Line Dancing	779 615 8323	5:30-6:30p	Thursday (No class 3/15-4/16)	Rachel
Line Dancing	582 793 5144	4:30-5p	Monday	Huei
Immune Boost Qigong Tai Chi	582 793 5144	5-5:40p (Monday) 1-1:40p (Thursday)	Monday Thursday	Huei
Sun Style Tai Chi	582 793 5144	5:40-6:20p (Monday) 1:40-2:20p (Thursday)	Monday Thursday	Huei
Yang Style Tai Chi	582 793 5144	6:20-7p (Monday) 2:20-3p (Thursday)	Monday Thursday	Huei
Tai Chi for Arthritis & Diabetes	582 793 5144	11a-1p	Saturday	Huei
Zumba (AM)	741 5788 8216	9:00-9:40a	Monday	Angie
Zumba (PM)	779 615 8323	5:30-6:30p	Monday (No class 3/15-4/16)	Rachel

Belk, Hughes and McAbee currently only offers Zoom Classes

*** Rachel's classes (Monday (PM) Zumba & Thursday Line Dancing) will be cancelled from March 15 – April 16.**