

Accessing Your Class without an Emailed Zoom Link

All of our online classes are held on Zoom, and each class has a unique access link. This link is automatically emailed to everyone who is registered for a class approximately 25 minutes before the class begins. Our emails usually reach everyone quickly, but occasionally they are blocked by a spam filter or are delivered late. Also, anyone who signs up less than 25 minutes before their class starts will not receive the link by email.

If for some reason you do not receive an email with your class's link, you can join your class through a link on our schedule page. Below the name of every class for which you are registered, a Join Now link is displayed. Clicking on this link will immediately take you to your class.

Menu	Schedule			
THU OCTOBER 06, 2022			CLASS	INSTRUCTOR
10:00 AM - 11:00 AM	BOOK VIRTUAL		Livestream - Gentle Yoga	Kelly Kessler
10:00 AM - 11:30 AM	BOOK VIRTUAL		Livestream - Yoga For Walkers - Balance	Carol Ann Sonnenfeld
11:00 AM - 11:30 AM	BOOK VIRTUAL		Livestream - Gentle Yoga With Weights (10 - 11:30am Total Class Time)	Kelly Kessler
04:00 PM - 05:00 PM	BOOK VIRTUAL		Livestream - Chair Yoga	Nora May
07:00 PM - 08:00 PM	BOOK VIRTUAL		Livestream - Video Release: An Evening Practice	Doug Keller
FRI OCTOBER 07, 2022			CLASS	INSTRUCTOR
10:00 AM - 11:00 AM	CANCEL		Livestream - Yin Yoga (YOU ARE ALREADY VIRTUALLY SIGNED UP.) Join Now	Pat Pao
SAT OCTOBER 08, 2022			CLASS	INSTRUCTOR
09:00 AM - 10:00 AM	BOOK VIRTUAL		Livestream - Yoga For Body-Mind Wellness	Rita Sambruna
MON OCTOBER 10, 2022			CLASS	INSTRUCTOR
10:00 AM - 11:00 AM	BOOK VIRTUAL		Livestream - Yoga 1-2 - Standing Poses 2	Carol Ann Sonnenfeld
07:00 PM - 08:00 PM	BOOK VIRTUAL		Livestream - Monday Evening Gentle Yoga	Kelly Kessler
TUE OCTOBER 11, 2022			CLASS	INSTRUCTOR
12:00 PM - 01:00 PM	BOOK VIRTUAL		Livestream - Yoga Techniques	Susan Van Nuys
WED OCTOBER 12, 2022			CLASS	INSTRUCTOR
10:00 AM - 11:00 AM	BOOK VIRTUAL		Livestream - Mad Skills For Healthy Aging	Pat Pao
07:00 PM - 08:00 PM	BOOK VIRTUAL		Livestream - Yoga For Men	Daan Humberg