



THORNTON
PARKS, RECREATION & COMMUNITY PROGRAMS



REVISED ACTIVE ADULT CLASS LINKS!

Thornton Parks, Recreation & Community Programs (TPRCP) are now offering LIVE virtual fitness classes for our Active Adults. These classes are FREE to attend and can be accessed using the links provided with each class listing at the end of this email.

If you have questions about our class formats, please contact jason.schatzenpahl@ThorntonCO.gov.

Stay safe, stay healthy and stay active with your TPRCP Fitness Team!

VIRTUAL CLASS SCHEDULE

When attending one of our virtual classes, please be sure to sign on by using your first and last name. You may sign on up to 10 minutes before the beginning of class.

- ➔ **MONDAYS · 9-10 a.m.**
Cher B. - SilverSneakers® Classic
Equipment: Chair and household objects
ZOOM ID: 942-2037-5806
Password: cher
[CLICK HERE TO JOIN CLASS!](#)
- ➔ **MONDAYS · 11 a.m.-12 p.m.**
Sharon B. - Chair Yoga
Equipment: Chair and pillow
ZOOM ID: 648-450-6032
Password: 912388
[CLICK HERE TO JOIN CLASS!](#)
- ➔ **MONDAYS · 1-2 p.m.**
Linda M. - Chair Fitness
Equipment: Chair and household objects
ZOOM ID: 923-4512-7790
Password: Chair
[CLICK HERE TO JOIN CLASS!](#)
- ➔ **TUESDAYS · 9-10 a.m.**
Elaine W. - Tai Chi
Equipment: Chair
ZOOM ID: 936-7146-3718
Password: Tai Chi
[CLICK HERE TO JOIN CLASS!](#)
- ➔ **TUESDAYS · 11-11:45 a.m.**
Tracy S. - SilverSneakers® Basic
Equipment: Chair
ZOOM ID: 915-5369-1139
Password: 951437
[CLICK HERE TO JOIN CLASS!](#)
- ➔ **TUESDAYS · 1-2 p.m.**
Sharon B. - Mat Yoga
Equipment: Mat
ZOOM ID: 648-450-6032
Password: 912388
[CLICK HERE TO JOIN CLASS!](#)
- ➔ **WEDNESDAYS · 9-9:45 a.m.**
Sheri P. - SilverSneakers® Circuit
Equipment: Chair & household objects
ZOOM ID: 920-1115-2505
Password: 758259
[CLICK HERE TO JOIN CLASS!](#)
- ➔ **WEDNESDAYS · 11-11:45 a.m.**
Jinger S. - Chair Yoga
Equipment: Chair and pillow
ZOOM ID: 913-3753-6989
Password: 045154
[CLICK HERE TO JOIN CLASS!](#)
- ➔ **THURSDAYS · 9-10 a.m.**
Elaine W. - Tai Chi
Equipment: Chair
ZOOM ID: 983-9398-7216
Password: Tai Chi
[CLICK HERE TO JOIN CLASS!](#)
- ➔ **THURSDAYS · 11-11:45 a.m.**
Tracy S. - SilverSneakers® Circuit
Equipment: Chair and band
ZOOM ID: 914-2162-3888
Password: 527151
[CLICK HERE TO JOIN CLASS!](#)
- ➔ **FRIDAYS · 11 a.m.-12 p.m.**
Sharon B. - Chair Yoga
Equipment: Chair and pillow
ZOOM ID: 648-450-6032
Password: 912388
[CLICK HERE TO JOIN CLASS!](#)
- ➔ **FRIDAYS · 11 a.m.-12 p.m.**
Linda M. - Chair Fitness
Equipment: Chair and household objects
ZOOM ID: 939-8276-9451
Password: Chair
[CLICK HERE TO JOIN CLASS!](#)
- ➔ **SATURDAYS · 10-11 a.m.**
Sharon B. - Saturday Morning Stretch
Equipment: N/A
ZOOM ID: 648-450-6032
Password: 912388
[CLICK HERE TO JOIN CLASS!](#)

