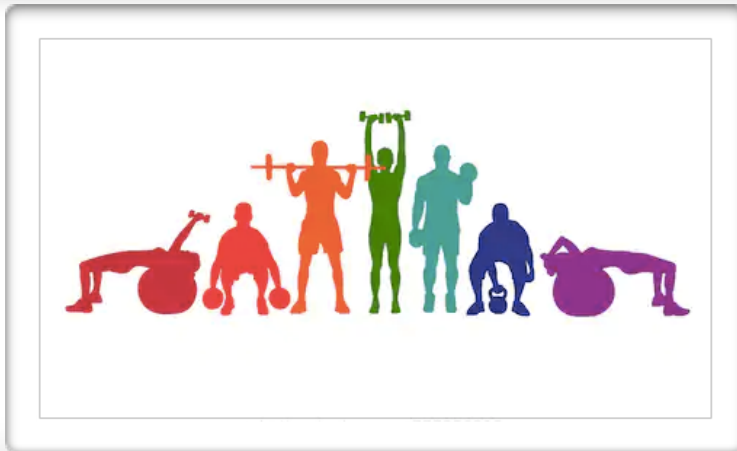


Lets Get Active!

Workouts live on ZOOM



Family workouts in quarantine!

Are you bored during quarantine? Are you looking to stay active? Are you looking for something you can do with your whole family? If you answered yes to any of these questions you should join me for a fun workout! The workouts are available 5 days a week with various times and there are also strictly stretching sessions available too. These will be 30-40 minute sessions live on the Zoom app. Sessions will go through the month of May.

MONDAY

12-12:40pm

4:50-5:30pm

UPPER BODY

Tuesday

11-11:30am
Quick
workout

1:00-1:30pm

STRETCHING

WEDNESDAY

10-10:40am

4:00-4:40pm

LOWER BODY

Thursday

11-11:30am
Quick
workout

1:00-1:30pm

STRETCHING

FRIDAY

2-2:40pm

6:00-6:40pm

WHOLE BODY

Ms. Isis Thompson



Bio:

Hi everyone, my name is Isis and I'm a college student. I work at a cheer and tumbling gym. I also volunteer at SUL as a AmeriCorps member!

Goals:

I want to be able to keep our community active through this health and wellness activity.

ZOOM Info:



<https://zoom.us/download>

Meeting ID:
318 334 2614
Password:
SulWorkout

Join Zoom
Meeting
<https://us04web.zoom.us/j/3183342614>



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