

Hello LMT!

As a reminder, some of our instructors are donating time to offer free online classes.

Check out our UPDATED schedule below! All classes will be held via Zoom.

To create a free Zoom account and download the app, go to [www.zoom.us](http://www.zoom.us). If you need help, please email [prinfo@lmt.org](mailto:prinfo@lmt.org) or call 267-274-1110.

### **Tuesday:**

#### **9:15 am Gentle Yoga with Linda Thiel**

Join Zoom URL: <https://us02web.zoom.us/j/89237883911?pwd=bGZrVkFYWFNgalZTNjFxV21Fa3lscz09>

Meeting ID: 892 3788 3911

Passcode: 606892

#### **10:30am Watercolor Art Class with Chris Monteiro**

Join Zoom URL: <https://us04web.zoom.us/j/680853683?pwd=MVdQZmdvcFFSSW5ETXVqZTYybndpUT09>

Meeting ID: 680 853 683

### **Wednesday:**

#### **9:00am Zumba Toning with Rachel**

Join Zoom URL: <https://us04web.zoom.us/j/655387259?pwd=RWZTeGw3US82MUxPTHhsU3cwUUkxQT09>

Meeting ID: 655 387 259

#### **10:00am Beginner Mat Yoga with Maria Campbell**

Join Zoom URL: <https://us04web.zoom.us/j/957897346?pwd=N1ZUVy9yQ0FGSno1d0FSSkNLSURZZz09>

Meeting ID: 957 897 346

### **Thursday:**

#### **10:00am Chair Yoga with Maria Campbell**

Join Zoom URL: <https://us04web.zoom.us/j/968345458?pwd=UkZJWjUvejhVUzVGQUJIRzRVS0lvQT09>

Meeting ID: 968 345 458

### **Friday:**

#### **9:00am Zumba Gold with Rachel**

Join Zoom URL: <https://us04web.zoom.us/j/671735300?pwd=d3BpT3lwZ2UvcWJWVjFjRjRlc21EeXZ09>

Meeting ID: 671 735 300

#### **10:30am Watercolor Art Class with Chris Monteiro**

Join Zoom URL: <https://us04web.zoom.us/j/680853683?pwd=MVdQZmdvcFFSSW5ETXVqZTYybndpUT09>

Meeting ID: 680 853 683

Password: 460449

\*Click the URL to get started; enter the meeting ID when prompted.

\*Our instructors are hosting these classes free of charge. If you would like to leave a tip for their services of any amount send a check to 1100 Edgewood Road, Yardley PA 19067. Please leave a note for which instructor the tip is for. All proceeds go to the instructor of your choice.

\*Please Note: Viewers assume the risk of physical injury from any activity related to this programming. The Township of Lower Makefield and your instructors do not insure against injury that may result from activity related to this programming, and do not guarantee results. Viewers who participate do so voluntarily. Viewers who participate should consult with a medical professional before engaging in the activity.