



Kelly's Virtual Workout Studio

All Classes are weekly, live and free!

Hi and welcome, My name is Kelly Meyer. I'm a volunteer exercise instructor for UT Southwestern. Before we get started I have some important reminders:

- Please be mindful of your exercise space and be careful with the furniture, kids, pets or other obstacles that may enter your space. Please exercise at your own level.
- You can bring the dance or exercise up or down. I'll give modifications
- Today, we'll be wearing footwear to support our feet.
- Please hydrate as needed.
- If you are not feeling well during this or any workout, please sit down and assess how you are feeling before continuing.
- If you need assistance, contact someone immediately who can help you.
- To have the best experience I am going to ask that you turn your video off and mute your microphone.
- You can turn off the TVs you are not using and set phones on airplane mode to save bandwidth so the voice and movement will match.

There will be a little lag but that's ok. We are all here to move and stay healthy.

Let's get started! *Kelly Meyer*



Monday Zumba®

5-5:45 am CST _____

Zoom Room Open 10 minutes before class starts! Join Here:
Meeting ID: 920 719 9430
Password: 3iH5Zx

Wednesday Vinyasa Flow Yoga

5:15 - 6:00 pm CST

Zoom Room Open 10 minutes before class starts! Join Here:
Meeting ID: 920 719 9430
Password: 3iH5Zx

Saturday Total Body Blast - Weights Optional

10:00 - 10:45 am CST

Zoom Room Open 10 minutes before class starts! Join Here:
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Password: 3iH5Zx
