

2 Ways and More Times for FUN Fitness

YES! YOU CAN Laugh Yourself Healthier

DAY	9:00 AM	10:00 AM	11:00 AM	1:00 PM	2:00 PM	7:00PM
MON		30 Min Video Session	60 Min Carolyn & Group Session	45 Min Video Session	60 Min Carolyn & Group Session	30 Min Carolyn & Group Session
WED		30 Min Video Session				
FRI	30 Min Video Session	45 Min Carolyn & Group Session	30 Min Carolyn & Group Session	45 Min Video Session	60 Min Carolyn & Group Session	
SAT		30 Min Video Session	60 Min Carolyn & Group Session			

PLEASE NOTE: 30 MIN VIDEO SESSION VERY FAST PACED SO RECOMMEND 45 VIDEO FOR BEGINNERS. VIDEO SESSIONS BEST FOR weaker WIFI connection / SHY / In PJS SO prefer doing with own video off. All Sessions START ON TIME. ALL Sessions use same Zoom ID & Passcode. Drop in when you can / if late If NOT INCLUDED with SCWW Calendar— MUST REGISTER for Zoom Info at LaughYourselfHealthier.com JOIN IN 5 MINUTES EARLY if possible for ALL Sessions to make sure Zoom is working for You.