

## MaineStreamers Zumba Gold Introductory Class



Monday, January 11, 2021  
10:30 a.m. - 11:30 a.m.

Zumba Gold is BACK for the MaineStreamers. Join Regina Mundt on Zoom for this free introductory low impact, cardio dance fitness party class. The design of the class introduces easy-to-follow Zumba choreography that focuses on balance, range of motion and coordination. Come ready to sweat, and prepare to finish empowered and strong. Class focuses on all elements of physical fitness: cardiovascular, muscular conditioning, flexibility, balance, and provides the added bonus of a mental health boost!

Join Zoom Meeting

<https://us02web.zoom.us/j/84032049864?pwd=K2xZcDFraTVzUU5LT1RiaW8vdDNEZz09>

Meeting ID: 840 3204 9864

Passcode: 422593

To join please click the following link:

<https://us02web.zoom.us/j/84032049864?pwd=K2xZcDFraTVzUU5LT1RiaW8vdDNEZz09>

You do not need a Zoom account and can use a computer, tablet, or smart phone. You can view and listen from a computer even if you do not have a webcam. If watching from a computer without a webcam or microphone, you will need to call 312-626-6799 and enter Meeting ID: 840 3204 9864 when prompted if you wish to ask questions or speak during the program. If you do not have a computer, tablet, or smart phone, you can still listen and participate by phone only. Just dial 312-626-6799 and enter Meeting ID: 840 3204 9864 when prompted.

### **Instructions for New Zoom Users**

If you have never used Zoom on your device before, please allow a few minutes for set up prior to the start of the program. If using a computer, when you click the above link you will be prompted to download and install Zoom. If using a smart phone or tablet, you will be prompted to download the Zoom app from Google Play or the Apple App Store.