



PRESENTED BY:



## WALK! with Aegis Therapies 2020 Live and Recorded Physical Activity Links

	Monday – Flow Fit	Tuesday – EnerG Exercise	Wednesday – Cardio Boxing	Thursday – Core & More	Friday – Music & Movement
<b>10 – 10:30 a.m.</b> Central time	<a href="#">Click Here to Join Zoom Meeting</a>  Meeting ID: 874 2687 3675 Passcode: 264531	<a href="#">Click Here to Join Zoom Meeting</a>  Meeting ID: 834 5131 8297 Passcode: 966063	<a href="#">Click Here to Join Zoom Meeting</a>  Meeting ID: 860 4877 7806 Passcode: 173592	<a href="#">Click Here to Join Zoom Meeting</a>  Meeting ID: 847 2231 8852 Passcode: 202678	<a href="#">Click Here to Join Zoom Meeting</a>  Meeting ID: 816 2041 2279 Passcode: 416828
<b>2 – 2:30 p.m.</b> Central time	<a href="#">Click Here to Join Zoom Meeting</a>  Meeting ID: 833 9700 2841 Passcode: 432651	<a href="#">Click Here to Join Zoom Meeting</a>  Meeting ID: 865 9902 4686 Passcode: 263779	<a href="#">Click Here to Join Zoom Meeting</a>  Meeting ID: 860 7989 6501 Passcode: 617365	<a href="#">Click Here to Join Zoom Meeting</a>  Meeting ID: 858 6312 4937 Passcode: 595396	<a href="#">Click Here to Join Zoom Meeting</a>  Meeting ID: 886 8099 0544 Passcode: 052024
<b>Recorded Version</b>	<a href="#">Flow Fit</a>	<a href="#">EnerG Exercise</a>	<a href="#">Cardio Boxing</a>	<a href="#">Core and More</a>	<a href="#">Music and Movement</a>

