

COUNSELING AND PERSONAL DEVELOPMENT CENTER PRESENTS

WORK-OUT YOUR STRESS

#GatorCare

Live, virtual group fitness classes that you can do anywhere! Don't let COVID-19 derail your physical or mental health. These group fitness classes are designed to improve fitness, lower stress, and elevate your mood. Take the classes outside, in your dorm room, or any safe, open space! No equipment is required. Have water nearby and stream class live via Zoom to your phone, laptop, or tablet. Let's get ready to work-out that stress together!

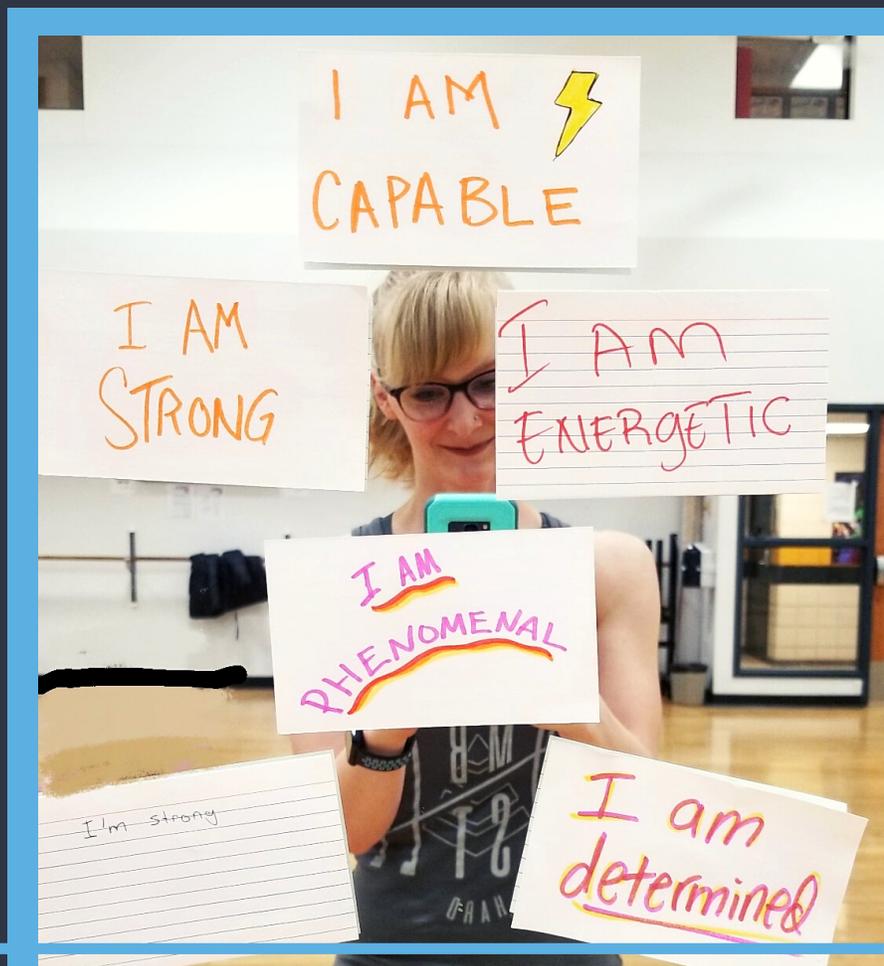
**WEDNESDAYS 3PM
CARDIO & YOGA**

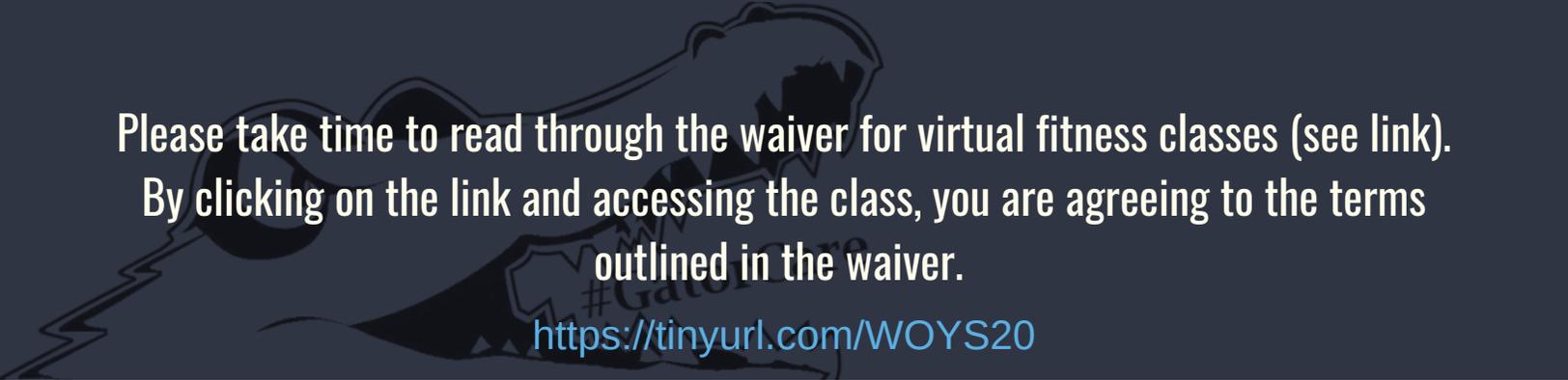
**FRIDAYS 3PM
STRENGTH TRAINING**

If you have questions, please email Danielle at dpecar@allegheny.edu.

Please take time to read through the waiver for virtual fitness classes (see link). By clicking on the link and accessing the class, you are agreeing to the terms outlined in the waiver.

<https://tinyurl.com/WOYS20>





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Cardio & Yoga

The class combines cardio, yoga, and a guided meditation to help increase physical wellness, relieve stress, and raise your confidence and happiness. Class is accessible for all fitness levels and open to all actively enrolled Allegheny students. No equipment is necessary. Please wear sneakers, have water accessible, and be ready to get healthy!

Time: [Wednesday 03:00 PM Eastern Time \(US and Canada\)](#)

Join Zoom Meeting by clicking on this link:

<https://us02web.zoom.us/j/89817557403?pwd=eTMyNUUc4Y0R0Ym9FT1JhY3hoVmlsZz09>

Or by entering this meeting ID in your app: 898 1755 7403

Passcode: GATORS

Strength Training

The class uses lower, upper, and core body weight strengthening exercises to help increase physical wellness, relieve stress, and raise your confidence and happiness. Each class ends with a relaxation or positive affirmation exercise. Class is accessible for all fitness levels and open to all actively enrolled Allegheny students. No equipment is required. Have water accessible and be ready to get healthy!

Time: [Fridays at 03:00 PM Eastern Time \(US and Canada\)](#)

Join Zoom Meeting by clicking on this link:

<https://us02web.zoom.us/j/84572066610?pwd=dVFmMEZsWi9BaHZyOGVLTmdFeUd3Zz09>

Or by entering this meeting ID in your app: 845 7206 6610

Passcode: GATORS

If using Zoom for the first time, you may download the app on your computer, tablet, or smartphone:
<https://us02web.zoom.us/download> When connected for the fitness class, your video will be prompted to start automatically but your audio will be muted. You have the option to turn your video off if you prefer. Please keep your audio muted for the duration of the class. If your video is on, your video will be able to be seen by other class participants. You will be able to see and hear the instructor's video for the duration of the class.