WellCoM

Virtual Fitness Classes

Staying Fit,
While Social
Distancing with
Alton Williams

Zoom Link:
https://zoom.us/j/8441040346
Password: COM901

Class Schedule

Monday: Noon- 12:40 p.m.

Tuesday: 5:00 p.m.- 5:40 p.m.

Wednesday:10:00a.m.-10:40a.m.

Thursday:5:00 p.m. - 5:40 p.m.

Friday: Noon - 12:40 p.m.