

# FREE Upper Gwynedd Fitness

1. Join UG's own Kim Seidel for Zumba every Monday and Friday at 9am.

ZUMBA Mondays & Fridays 9am

Please join my meeting from your computer, tablet or smartphone.

<https://global.gotomeeting.com/join/309176509>

2. Join UG's own Teresa Leano every Tuesday and Thursday at 6:15pm for a great fitness workout!

Fitness with Teresa Tuesdays & Thursdays at 6:15pm

Please join my meeting from your computer, tablet or smartphone.

<https://us04web.zoom.us/j/9035224471>

Meeting ID: 903 522 4471

Password: 588730

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UPPER GWYNEDD TOWNSHIP  
PARKS AND RECREATION

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