

GLASA VIRTUAL PROGRAMS

APRIL 2020

To make sure GLASA athletes continue to be active during the COVID-19 pandemic, we have created several virtual programs that ANYONE can access. All virtual programs are done through zoom, an online video conference website/app. To join a virtual program, click the appropriate link and enter the Meeting ID and Password when asked. If you need assistance, please contact GLASA Staff.

For GLASA Members- Please reach out to GLASA Staff if you're unsure if your membership is current. We're looking forward to providing in-person adaptive sports programming again soon.

Continue to check GLASA's social media pages for updates to our weekly or special programs. Contact GLASA Staff if you are having difficulties joining a Zoom program. Check out www.glasa.org/resources for a list of additional resources.

MONDAYS

CONDITIONING | 5:00 PM

Join Zoom Meeting <https://us04web.zoom.us/j/571258105?pwd=U2QxcjNaSGlGRzBiaUd1ZlpzUTArZz09>

Meeting ID: 571 258 105 | Password: GLASA

TUESDAYS

AB CONDITIONING | 12:00 PM | STARTS 4/21

Join Zoom Meeting <https://us02web.zoom.us/j/86211149484?pwd=TDdLeVExekdpRDIVZUUzSXhBT0h2Zz09>

Meeting ID: 862 1114 9484 | Password: GLASA

ROLLER WORKOUTS | 3:30 PM

Join Zoom Meeting <https://us04web.zoom.us/j/487761701?pwd=NDAzUzltK3NQTOZyM1hUb1N0N09RQT09>

Meeting ID: 487 761 701 | Password: GLASA

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WEDNESDAYS

CONDITIONING | 5:00 PM

Join Zoom Meeting <https://us04web.zoom.us/j/390261042?pwd=aGU2Q2M1MS9RTHFrOGdWNmdxN09ZUT09>

Meeting ID: 390 261 042 | Password: GLASA

THURSDAYS

AB CONDITIONING | 12:00 PM | STARTS 4/23

Join Zoom Meeting <https://us02web.zoom.us/j/86211149484?pwd=TDdLeVExekdpRDIVZUUzSXhBT0h2Zz09>

Meeting ID: 862 1114 9484 | Password: GLASA

ROLLER WORKOUTS | 3:30 PM

Join Zoom Meeting <https://us04web.zoom.us/j/487761701?pwd=NDAzUzltK3NQTOZyM1hUb1N0N09RQT09>

Meeting ID: 487 761 701 | Password: GLASA

FRIDAYS

YOGA | 3:30 PM

Join Zoom Meeting <https://us04web.zoom.us/j/153817882?pwd=cFlIQIBODIVzQWhWbnNsSi9uMTRNQTO9>

Meeting ID: 153 817 882 | Password: GLASA

Family members and caregivers encouraged to join to assist with getting into positions and passive movements.

SATURDAYS

AMBULATORY TRACK WORKOUTS | 9:30 AM

Join Zoom Meeting <https://us04web.zoom.us/j/388186086?pwd=UEh5bEpsZjFvNWZgeVBqNnE2ZzZwdz09>

Meeting ID: 388 186 086 | Password: GLASA

ROLLER WORKOUTS | 11:00 AM

Join Zoom Meeting <https://us04web.zoom.us/j/544176993?pwd=WUowNDRmSzF1OEQxNFpscWhUNjJNZz09>

Meeting ID: 544 176 993 | Password: GLASA

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