



# DIY



## FOUNDATIONS OCTOBER

Hello and thank you for registering!

The Foundation Drills will be practice style group classes. You should have an element of familiarity with some upper body strength exercises, some inversions, and arm balances. There will be 12 classes total throughout the month; every Monday, Wednesday and Friday beginning October 5<sup>th</sup> and concluding October 30<sup>th</sup>. Starting this month If you're ever to miss a class

This month you will have the option of coming into the class that fits your schedule. Foundations is now offered at 7am, 2pm and 8pm. All codes will be included in this email.

The exercises will vary in terms of difficulty, pace, and skill level. Before we begin class, I will show each exercise and give a short explanation of the workout and then we will do it together! The TOTAL time for each workout will NOT exceed an hour, and will typically be around 45min. I want you to be stronger, not weak from exhaustion, (but you will get tired ☺). Also, a good idea to have a sticky mat, a floor to practice on (rather than carpet, if you can help it), a towel, and a set of yoga blocks (if you don't have yoga blocks, try dumbbells or books).

Again, thank you for registering! I look forward to interacting with you! If you have any questions at all, or any ideas you'd like to share, please feel free to reach out to me via email or Instagram!

Stay healthy & strong, with love,  
Day

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Please make sure to sign in at least 5 mins prior to start time and with the name you registered with; names of spouses/children/studios/phone numbers aren't recognized and delay your entry into class.

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Topic: FOUNDATIONS--7am US EST

Time: Oct 5, 2021 07:00 Eastern Time (US and Canada)

Every week on Tue, Thu, 8 occurrence(s)

Oct 5, 2021 07:00

Oct 7, 2021 07:00

Oct 12, 2021 07:00

Oct 14, 2021 07:00

Oct 19, 2021 07:00

Oct 21, 2021 07:00

Oct 26, 2021 07:00

Oct 28, 2021 07:00

Please download and import the following iCalendar (.ics) files to your calendar system.

Weekly:

[https://us02web.zoom.us/meeting/tZEqdeutrDwuH9QPkidRd0B4EtiTIMHDUu0o/ics?icsToken=98tyKuGtqTkoH9aStByHRpwMB4joa-\\_zpmZbgvpsrBTsBxJXMiGiE\\_ZLBptSOPzl](https://us02web.zoom.us/meeting/tZEqdeutrDwuH9QPkidRd0B4EtiTIMHDUu0o/ics?icsToken=98tyKuGtqTkoH9aStByHRpwMB4joa-_zpmZbgvpsrBTsBxJXMiGiE_ZLBptSOPzl)

Join Zoom Meeting

<https://us02web.zoom.us/j/85722527450?pwd=NXF3SVUzRytVaDIhR29qS3BPSjczdz09>

Meeting ID: 857 2252 7450

Passcode: 811421

One tap mobile

+13126266799,,85722527450#,,,,\*811421# US (Chicago)

+16465588656,,85722527450#,,,,\*811421# US (New York)

Dial by your location

+1 312 626 6799 US (Chicago)

+1 646 558 8656 US (New York)

+1 301 715 8592 US (Washington DC)

+1 346 248 7799 US (Houston)

+1 669 900 9128 US (San Jose)

+1 253 215 8782 US (Tacoma)

Meeting ID: 857 2252 7450

Passcode: 811421

Find your local number: <https://us02web.zoom.us/u/kdzkQCfoeA>

Topic: FOUNDATIONS--2pm US EST

Time: Oct 5, 2021 14:00 Eastern Time (US and Canada)  
Every week on Tue, Thu, 8 occurrence(s)

Oct 5, 2021 14:00  
Oct 7, 2021 14:00  
Oct 12, 2021 14:00  
Oct 14, 2021 14:00  
Oct 19, 2021 14:00  
Oct 21, 2021 14:00  
Oct 26, 2021 14:00  
Oct 28, 2021 14:00

Please download and import the following iCalendar (.ics) files to your calendar system.

Weekly:

[https://us02web.zoom.us/meeting/tZlvceyuqzopEtXi5kD0WpQqsydm8sUkXgm\\_/ics?icsToken=98tyKuGurD0vHNGUsxGGRpwAAI\\_oZ-7wmH5ej7dIIUruJ3BkcjLnJftGP-psJdPo](https://us02web.zoom.us/meeting/tZlvceyuqzopEtXi5kD0WpQqsydm8sUkXgm_/ics?icsToken=98tyKuGurD0vHNGUsxGGRpwAAI_oZ-7wmH5ej7dIIUruJ3BkcjLnJftGP-psJdPo)

Join Zoom Meeting

<https://us02web.zoom.us/j/86265651381?pwd=UWJKbHIWNGQxZldEa20yemYyS1RRZz09>

Meeting ID: 862 6565 1381

Passcode: 418612

One tap mobile

+13017158592,,86265651381#,,,,\*418612# US (Washington DC)

+13126266799,,86265651381#,,,,\*418612# US (Chicago)

Dial by your location

+1 301 715 8592 US (Washington DC)

+1 312 626 6799 US (Chicago)

+1 646 558 8656 US (New York)

+1 253 215 8782 US (Tacoma)

+1 346 248 7799 US (Houston)

+1 669 900 9128 US (San Jose)

Meeting ID: 862 6565 1381

Passcode: 418612

Find your local number: <https://us02web.zoom.us/u/kiTxF293Y>

Topic: FOUNDATIONS--8pm US EST

Time: Oct 5, 2021 20:00 Eastern Time (US and Canada)

Every week on Tue, Thu, 8 occurrence(s)

Oct 5, 2021 20:00

Oct 7, 2021 20:00

Oct 12, 2021 20:00  
Oct 14, 2021 20:00  
Oct 19, 2021 20:00  
Oct 21, 2021 20:00  
Oct 26, 2021 20:00  
Oct 28, 2021 20:00

Please download and import the following iCalendar (.ics) files to your calendar system.  
Weekly: <https://us02web.zoom.us/meeting/tZUqc-2qqzwtGtN3XEXPEexjmCoZ5XESdMDN/ics?icsToken=98tyKuGpqT8uGNGStxmARpwcB4-gLOrwmGZajbdzzyfAOxB2Zxv8O8FNCOdHNevU>

Join Zoom Meeting

<https://us02web.zoom.us/j/81744257707?pwd=YkVKVDBUTXBKdEZMSVJDD2VibIRMUT09>

Meeting ID: 817 4425 7707

Passcode: 934013

One tap mobile

+16465588656,,81744257707#,,,,\*934013# US (New York)

+13017158592,,81744257707#,,,,\*934013# US (Washington DC)

Dial by your location

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+1 253 215 8782 US (Tacoma)

+1 346 248 7799 US (Houston)

Meeting ID: 817 4425 7707

Passcode: 934013

Find your local number: <https://us02web.zoom.us/j/kcZsu7aQ0J>