

physically and socially active. Classes are interactive, easy to join, offered day and night and free for our community

We have teamed up with GetSetUp to provide hundreds of live online classes to keep you mentally, physically and socially active. Classes are interactive, easy to join, offered day and night and free for our community

Explore free classes

Already a Member? Login Here





GetSetUp Signup Instructions

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On the sign-up page, you will be prompted to enter your email address or phone number, create a password, and provide your first name, last name, date of birth, and zip code.

A promo code will be pre-applied for unlimited access. Once you have filled in all the required fields, click "Sign Up." You will also have the option to opt in for email newsletters.



After signing up, you will be redirected to the home page, where a one-time 30-second video will appear to guide you on how to navigate the site and select videos. Please click <u>"Let's Go!"</u> to watch the video.





GetSetUp Signup Instructions

Now that you're signed up, you can start watching videos and enroll in classes.

