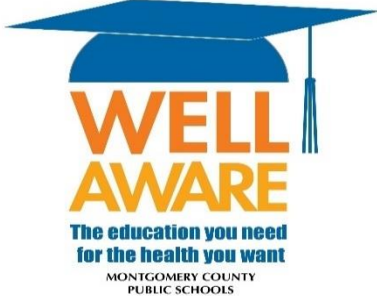


WELL AWARE JANUARY 2025 CALENDAR OF CLASSES

	Monday 1/13	Tuesday 1/14	Wednesday 1/15	Thursday 1/16	Friday 1/17	Saturday 1/18	Sunday 1/19
6am	<b>Recorded Zumba</b> (Daniela) (6:00a.m for 24 hours) <a href="https://www.zumba.com/class_detail/index/b04ddf8d-64c8-466c-a4c3-d7e3d86d95a4">https://www.zumba.com/class_detail/index/b04ddf8d-64c8-466c-a4c3-d7e3d86d95a4</a> Pass code: b89b97	<b>Recorded Zumba</b> (Daniela) (6:00a.m for 24 hours) <a href="https://www.zumba.com/class_detail/index/6eb6a01e-fd4d-4518-b3d2-f658f709d26b">https://www.zumba.com/class_detail/index/6eb6a01e-fd4d-4518-b3d2-f658f709d26b</a> Pass code:ec2711	<b>Recorded Zumba Strong</b> (Daniela) (6am for 24 hours) <a href="https://www.zumba.com/class_detail/index/4ece58e6-97cb-4f8f-9982-48e2e07b62be">https://www.zumba.com/class_detail/index/4ece58e6-97cb-4f8f-9982-48e2e07b62be</a> Pass code: 5f2436	<b>Recorded Zumba</b> (Daniella) (6:00a.m for 24 hours) <a href="https://www.zumba.com/class_detail/index/a2394093-c52e-4a00-ba96-5b6f876f0558">https://www.zumba.com/class_detail/index/a2394093-c52e-4a00-ba96-5b6f876f0558</a> Pass code:3681bf		<b>Recorded Zumba Strong</b> (Daniela) (6am for 24 hours) <a href="https://www.zumba.com/class_detail/index/1531d3d0-84d5-442b-b735-64e7cd8779b1">https://www.zumba.com/class_detail/index/1531d3d0-84d5-442b-b735-64e7cd8779b1</a> Class Code: 4588fc Pass code: c9e99a	<b>Recorded Zumba Strong</b> (Daniela) (6am for 24 hours) <a href="https://www.zumba.com/class_detail/index/1531d3d0-84d5-442b-b735-64e7cd8779b1">https://www.zumba.com/class_detail/index/1531d3d0-84d5-442b-b735-64e7cd8779b1</a> Class Code: 4588fc Pass code: c9e99a
7am/ 8am	<b>To Register for Recorded Zumba Classes:</b> ** Click Register ** Click Pay (don't worry it is free) ** Add code for free class		<b>Recorded Low Impact Strength</b> (Stephanie) <a href="https://dreamfittrainingandwellnessllc.mvsite.app/products/units/view/1522612/?lesson=2817669">https://dreamfittrainingandwellnessllc.mvsite.app/products/units/view/1522612/?lesson=2817669</a>		<b>Playful Vinyasa Flow &amp; Morning Meditation</b> 730am (Jeanne) <a href="https://meet.google.com/ytd-abyr-bsz">https://meet.google.com/ytd-abyr-bsz</a> Or dial: (US) +1 240-587-5791 PIN: 353 053 561#		
9am/ 10am						<b>Yoga (Maureen)</b> 9am <a href="https://us02web.zoom.us/j/6290538503?pwd=T0dKUTQyeTFhZDRPYmtoRVBYPYVltZ09">https://us02web.zoom.us/j/6290538503?pwd=T0dKUTQyeTFhZDRPYmtoRVBYPYVltZ09</a> Meeting ID: 629 053 8503 Passcode: breath108	<b>Yoga (Tanya)</b> 10:00 – 11:00 <a href="https://us02web.zoom.us/j/82946218484?pwd=WjZaQ1h5RGc2Wkx1T0dKUTQyeTFhZDRPYmtoRVBYPYVltZ09">https://us02web.zoom.us/j/82946218484?pwd=WjZaQ1h5RGc2Wkx1T0dKUTQyeTFhZDRPYmtoRVBYPYVltZ09</a> Meeting ID: 829 4621 8484 Passcode: 817122
11am- 345pm		<b>Mixed Level Flow Yoga</b> (Stacey) 3:15pm Tilden MS (Room 2098)	<b>Zumba (Angie)</b> 3:05pm QOHS Dance Studio 210  <b>Zumba (Meghan)</b> 3:45pm Loiederman MS Old Dance Studio	<b>Yoga (Amani)</b> 3:00pm Wootton High School Participate Virtually! <a href="#">Click here</a>  <b>Zumba (Angie)</b> 3:05pm QOHS Dance Studio 210			<b>Zumba (Deandra)</b> 11:00a.m.-12:00p.m <a href="https://us02web.zoom.us/j/82302418108?pwd=dGg1ZUpTUnBYRiByMVARdZVTTVaU09">https://us02web.zoom.us/j/82302418108?pwd=dGg1ZUpTUnBYRiByMVARdZVTTVaU09</a> Meeting ID: 823 0241 8108 Passcode: salsa
4pm/ 4:30pm	<b>Seated Yoga (Holly)</b> 4:30pm <a href="#">Class Link</a> Meeting ID: 860 0237 4659 Passcode: 842688	<b>Zumba Strong (Daniela)</b> 430pm Cabin Branch ES  <b>Zumba (Meghan)</b> 4:30pm Flora Singer ES Gym	<b>Zumba Strong (Daniela)</b> 4pm Little Bennett ES  <b>Seated Yoga (Holly)</b> 4:30pm <a href="#">Class Link</a> Meeting ID: 863 1540 0143 Passcode: 388431	<b>Yoga (Stacey) 4pm</b> Montgomery Knolls ES Room 147  <b>Zumba (Meghan)</b> 4:20pm Roscoe Nix ES Gym  <b>Cardio (Wanda)</b> Pine Crest ES 4:20pm <a href="#">Sign up here</a>  <b>Zumba Strong (Daniela)</b> 430pm Cabin Branch ES	<b>Zumba/Core/Resistance (Mary)</b> 3:45pm Sligo MS Cafeteria		Looking for a class? Check out Wellbeats for 1000s of hours of exercise and wellness classes! <a href="#">Click here</a>
5pm/ 5:15pm	<b>Yoga (Kim)</b> (515pm) <a href="#">Click link</a> Meeting ID: 879 7009 8554 Passcode: 631070	<b>Yoga, Pilates, Meditation</b> (Tanya) 5:00PM <a href="#">Class Link</a> Meeting ID: 843 9734 0648 Passcode: 527557		<b>Yoga (Kim)</b> (515pm) <a href="#">Click link</a> Meeting ID: 879 7009 8554 Passcode: 631070	<b>Feel Good Friday Stretch (Tanya)</b> 5:00pm <a href="https://us02web.zoom.us/j/82589560014?pwd=NGxlaFJ3Y0tYZExHM1pmWkhMK2hFd09">https://us02web.zoom.us/j/82589560014?pwd=NGxlaFJ3Y0tYZExHM1pmWkhMK2hFd09</a> Meeting ID: 825 8956 0014 Passcode: 099163		

	<b>MINDFUL MONDAYS (Carrie)</b> Every Monday, except holidays <b>5:15-6:00 PM</b> <a href="#">ZOOM Link</a> Meeting ID: 829 8043 4434 Passcode: 966834 Dial-in number: 301-715-8592					
5/5:30 pm	<b>Core &amp; More (Maricel)</b> <b>530pm</b> <a href="#">Click here</a> Meeting ID: 865 6079 2901 Passcode: FIT2024					
6/6:30 pm	<b>Zumba Toning (Ingrid)</b> <b>6:30p.m. – 7:30p.m.</b> Meeting ID: 390 916 801 Password: 463642	<b>Tai Chi (Manifest)</b> <b>6:00 – 7:00</b> <a href="#">Class link</a> Meeting ID: 246 797 1735 Password: 816826	<b>Gentle Yoga /Meditation (Kristin)</b> <b>6:30pm-7:30pm</b> <a href="#">Zoom Link</a> Meeting ID: 898 6747 0750 Passcode: zen	<b>Tai Chi (Manifest)</b> <b>6:00 – 7:00</b> <a href="#">Class link</a> Meeting ID: 246 797 1735 Password: 816826		
7/8pm	<b>Total Body Conditioning (Tanya)</b> <b>7:00pm</b> <a href="#">Class Link</a> Meeting ID: 870 7489 4911 Passcode: 653129	<b>Zumba (Ingrid)</b> <b>7:00pm</b> Meeting ID: 865 5702 5302 Password: 962349				
		<b>Restorative Yoga &amp; Yoga Nidra (Jeanne) (8pm)</b> <a href="https://meet.google.com/ytd-abyr-bsz">https://meet.google.com/ytd-abyr-bsz</a> Or dial: (US) +1 240-587-5791 PIN: 353 053 561#				

**Yoga with Maureen (Recorded) Stream Anytime!**

Yoga (Recorded)  
<https://vimeo.com/1039230005/88bf00771d?ts=0&share=copy>  
**1/13/2025- 1/19/2025**  
 (Please use Chrome)  
**Recommended and optional props:**

- Yoga Mat, Folded blanket to sit on
- 2 blocks (can also use tall soup cans, filled shoebox, or book stacks)
- strap (belt, 2 shoelaces or neckties tied together, rope)
- Comfortable exercise clothes (anything that allows for full range of movement)

**Pilates/Yoga/Meditation (Recorded) Stream Anytime 1/13/2025- 1/19/2025**

[Week of 1.13.24 Pilates, Yoga & Meditation.mp4](#)

**Chair Yoga (Recorded) Stream Anytime 1/13/2025- 1/19/2025**

[Week of 1.13.25 Chair Yoga.mp4](#)

**Total Body Conditioning (Recorded) Stream Anytime 1/13/2025- 1/19/2025**

[Week of 1.13.25 Total Body Conditioning.mp4](#)

**[DreamFIT Class Vault \(Total Body Conditioning\)](#)**

**[Restorative and Vinyasa Yoga Practices from Jeanne](#)**

**[Mindful Mondays Weekly Recordings](#)**