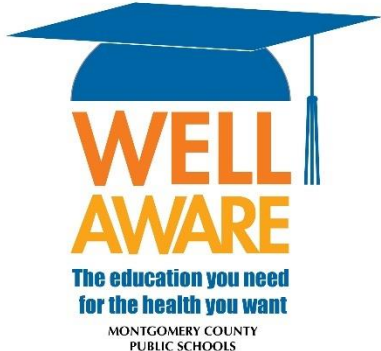
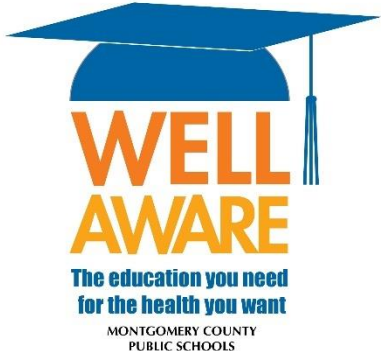


WELL AWARE JULY 2024 CALENDAR OF CLASSES

	Monday 7/22	Tuesday 7/23	Wednesday 7/24	Thursday 7/25	Friday 7/26	Saturday 7/27	Sunday 7/28
6am	<p>Recorded Zumba (Daniela) (6:00a.m for 24 hours) https://www.zumba.com/class_detail/index/e9b6fc1b-9c40-470c-8dd7-4af619fd2f35 Pass code: 3de3d5</p>	<p>Recorded Zumba (Daniela) (6:00a.m for 24 hours) https://www.zumba.com/class_detail/index/da2afed9-7653-436c-8e78-3e7ac9c3309d Pass code: 7adb42</p>	<p>Recorded Zumba Strong (Daniela) (6am for 24 hours) https://www.zumba.com/class_detail/index/593c8300-71d5-4255-b725-880c072a8bf7 Pass code: 8528b5</p>	<p>Recorded Zumba (Daniela) (6:00a.m for 24 hours) https://www.zumba.com/class_detail/index/f38ce9cf-2f86-4a2a-89de-f3e0d91083c0 Pass code: 4eceb7</p>		<p>Recorded Zumba Strong (Daniela) (6am for 24 hours) Class Link Pass code: 6af8da</p> <p>Recorded Zumba (Daniela) (6:00a.m for 24 hours) Class link Passcode: 544e91</p>	<p>Recorded Zumba Strong (Daniela) (6am for 24 hours) https://www.zumba.com/class_detail/index/b8d42cbe-2c54-4ab9-b30e-42da39698d02 Pass code: 71592c</p>
7am/8am	<p>To Register for Recorded Zumba Classes: ** Click Register ** Click Pay (don't worry it is free) ** Add code for free class</p>				<p>Zumba (Daniela) 7-8am Little Bennett ES</p> <p>Playful Vinyasa Flow & Morning Meditation 8am (Jeanne) https://meet.google.com/ytd-abyr-bsz Or dial: (US) +1 240-587-5791 PIN: 353 053 561#</p>		
9am/10am						<p>Yoga (Maureen) 9am https://us02web.zoom.us/j/6290538503?pwd=T0dKUTQyeTFhZDRPYmtoRVBPYVltZ09 Meeting ID: 629 053 8503 Passcode: breath108</p>	<p>Yoga (Tanya) (10:00 – 11:00) https://us02web.zoom.us/j/82946218484?pwd=WjZaQ1h5RGc2Wk1TFRFOE5iNDdVQT09 Meeting ID: 829 4621 8484 Passcode: 817122</p>
11am/12pm/1pm							<p>Zumba (Deandra) (11:00a.m.-12:00p.m.) https://us02web.zoom.us/j/82302418108?pwd=dGg1ZUpTUnBYRjByMVARdRZVtTVaUT09 Meeting ID: 823 0241 8108 Passcode: salsa</p>
4pm	<p>Yoga (Kim) (4pm) Click link Meeting ID: 879 7009 8554 Passcode: 631070 New Login Info</p>		<p>Seated Yoga (Holly) 4:30pm https://us02web.zoom.us/j/86729435768?pwd=62blKZ9uV1jWAFw83vEjGhFWZzsvTP.1 Meeting ID: 867 2943 5768 Passcode: 825416</p>	<p>Yoga (Kim) (4pm) Click link Meeting ID: 879 7009 8554 Passcode: 631070 New Login Info</p>			<p>Looking for a class? Check out Wellbeats for 1000s of hours of exercise and wellness classes! Click here</p>
5pm/5:15pm		<p>Yoga, Pilates, Meditation (Tanya) 5:00PM Class Link</p>			<p>Zumba (Daniela) 5-6pm Little Bennett ES</p>		

		Meeting ID: 843 9734 0648 Passcode: 527557			Barre (Tanya) 5:00pm https://us02web.zoom.us/j/82589560014?pwd=NGxlaFJ3Y0tYZExHM1pmWkhMK2hFdz09 Meeting ID: 825 8956 0014 Passcode: 099163		
5:30pm	Core & More (Maricel) 530pm Click here Meeting ID: 865 6079 2901 Passcode: FIT2024						
6/6:30 pm	Zumba Toning (Ingrid) (6:30p.m. – 7:30p.m.) Meeting ID: 390 916 801 Password: 463642	Tai Chi (Manifest) (6:00 – 7:00) Class link Meeting ID: 246 797 1735 Password: 816826	Gentle Yoga /Meditation (Kristin) (6:30pm-7:30pm) Zoom Link Meeting ID: 898 6747 0750 Passcode: zen	Tai Chi (Manifest) (6:00 – 7:00) Class link Meeting ID: 246 797 1735 Password: 816826			
7/8pm	Total Body Conditioning (Tanya) (7:00pm) Class Link Meeting ID: 870 7489 4911 Passcode: 653129	Zumba (Ingrid) 7:00pm Meeting ID: 865 5702 5302 Password: 962349		Zumba (Ingrid) 7:00pm Meeting ID: 914 549 067 Password: 162663			
		Restorative Yoga & Yoga Nidra (Jeanne) (8pm) https://meet.google.com/yt-d-abyr-bsz Or dial: (US) +1 240-587-5791 PIN: 353 053 561#					



Yoga with Maureen (Recorded) Stream Anytime!

Yoga (Recorded) <https://vimeo.com/955218562/7022a12aa4?share=copy>

(7/22- 7/28)
(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 7/22 – 7/28!

[Week of 7.22.24 Pilates, Yoga & Meditation.mp4](#)

Chair Yoga (Recorded) Stream Anytime 7/22 – 7/28!

[Week of 7.22.24 Chair Yoga.mp4](#)

Total Body Conditioning (Recorded) Stream Anytime 7/22 – 7/28!

[Week of 7.22.24 Total Body Conditioning.mp4](#)

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