

WELL AWARE JUNE 2024 CALENDAR OF CLASSES

	Monday 6/3	Tuesday 6/4	Wednesday 6/5	Thursday 6/6	Friday 6/7	Saturday 6/8	Sunday 6/9
6am	Recorded Zumba (Daniela) (6:00a.m for 24 hours) https://www.zumba.com/class_detail/index/fd3e5cc3-45af-485a-9d9a-67d88dd5a4bd Pass code:393f9b	Recorded Zumba (Daniela) (6:00a.m for 24 hours) https://www.zumba.com/class_detail/index/cc308576-2501-42e9-ab33-5e876e7f88b3 Pass code:245268	Recorded Zumba Strong (Daniela) (6am for 24 hours) https://www.zumba.com/class_detail/index/62879806-8498-4c9e-8cc2-5398c8bab1f5 Pass code:687b2d	Recorded Zumba (Daniella) (6:00a.m for 24 hours) https://www.zumba.com/class_detail/index/0d737c48-4c97-40dc-aac5-90c3ba06f184 Pass code: 55e3c2		Recorded Zumba Strong (Daniela) (6am for 24 hours) https://www.zumba.com/class_detail/index/f58bc02d-6635-4a21-a433-99ef54b26c89 Pass code: a1548e Recorded Zumba (Daniela) (6:00a.m for 24 hours) Class link Passcode: 2f1157	Recorded Zumba Strong (Daniela) (6am for 24 hours) https://www.zumba.com/class_detail/index/f58bc02d-6635-4a21-a433-99ef54b26c89 Pass code: a1548e
8am	To Register for Recorded Zumba Classes: ** Click Register ** Click Pay (don't worry it is free) ** Add code for free class				Playful Vinyasa Flow & Morning Meditation 8am (Jeanne) Click here to watch a recorded class.		
9am/10am						Yoga (Maureen) 9am https://us02web.zoom.us/j/6290538503?pwd=T0dKUTQyeTFhZDRPYmtoRVBPYVltdz09 Meeting ID: 629 053 8503 Passcode: breath108	Yoga (Tanya) (10:00 – 11:00) https://us02web.zoom.us/j/82946218484?pwd=WlZaQ1h5RGc2WkxclTRFRFOE5iNDdVQT09 Meeting ID: 829 4621 8484 Passcode: 817122
11am/12pm							Zumba (Deandra) (11:00a.m.-12:00p.m.) https://us02web.zoom.us/j/82302418108?pwd=dGg1ZUpTUnBYRjByMVArRDZVTVaUT09 Meeting ID: 823 0241 8108 Passcode: salsa
3pm/4pm		Zumba (Meghan) (4:20pm) Flora Singer ES	Zumba (Angie) (3pm) Quince Orchard HS Room 102	Yoga (Stacy) (2:50pm) Springbrook Dance Studio and Virtual Zoom link Meeting ID: 836 0011 4352 Passcode: yoga	Yoga (Amani) (3pm) Wootton HS Cafeteria/Virtually Click here Meeting ID: 880 6870 5366 Passcode: 003543	Zumba (Angie) (3pm) Quince Orchard HS Room 102	Looking for a class? Check out Wellbeats for 1000s of hours of exercise and wellness classes! Click here
			Zumba (Meghan) (3:45pm) A Mario Loiederman MS		Yoga (Stacy) (2:50pm) Springbrook High School Dance Studio New Day		
			Zumba (Daniela) (4:00pm) Little Bennett Elementary School Gym				
4:30pm	Low Impact Strength (Stephanie) 4:30pm Zoom Link Meeting ID: 862 7860 3430 Passcode: 520980	Zumba (Daniela) (4:30pm) Cabin Branch ES	Low Impact Strength (Stephanie) 4:30pm Zoom Link Meeting ID: 862 7860 3430 Passcode: 520980	Zumba (Meghan) (4:20pm) Burnt Mills ES			Looking for a class? Check out Wellbeats for 1000s of hours of exercise and wellness classes! Click here

