

WELL AWARE MAY 2024 CALENDAR OF CLASSES

	Monday 5/6	Tuesday 5/7	Wednesday 5/8	Thursday 5/9	Friday 5/10	Saturday 5/11	Sunday 5/12
6am	<b>Recorded Zumba (Daniela)</b> (6:00a.m for 24 hours) <a href="https://www.zumba.com/class_detail/index/e01caac8-7ba4-4c7c-9a48-b9ca95287457">https://www.zumba.com/class_detail/index/e01caac8-7ba4-4c7c-9a48-b9ca95287457</a> Pass code:12ed9e	<b>Recorded Zumba (Daniela)</b> (6:00a.m for 24 hours) <a href="https://www.zumba.com/class_detail/index/dcf8452d-30e7-4ed0-a3c6-ac53a6a0b047">https://www.zumba.com/class_detail/index/dcf8452d-30e7-4ed0-a3c6-ac53a6a0b047</a> Pass code: d18ada	<b>Recorded Zumba Strong (Daniela)</b> (6am for 24 hours) <a href="https://www.zumba.com/class_detail/index/f6813f78-2b16-47ff-b408-0a0528f1a984">https://www.zumba.com/class_detail/index/f6813f78-2b16-47ff-b408-0a0528f1a984</a> Pass code: b31489	<b>Recorded Zumba (Daniela)</b> (6:00a.m for 24 hours) <a href="https://www.zumba.com/class_detail/index/f1e849b6-51c7-42f3-a554-721adad41308">https://www.zumba.com/class_detail/index/f1e849b6-51c7-42f3-a554-721adad41308</a> Pass code: 157cf3		<b>Recorded Zumba Strong (Daniela)</b> (6am for 24 hours) Class Link Pass code: a4bcd1 <b>Recorded Zumba (Daniela)</b> (6:00a.m for 24 hours) Class link Passcode:2c7919	<b>Recorded Zumba Strong (Daniela)</b> (6am for 24 hours) <a href="https://www.zumba.com/class_detail/index/b25a4d39-381c-4c5a-8d5c-a9a1c2654984">https://www.zumba.com/class_detail/index/b25a4d39-381c-4c5a-8d5c-a9a1c2654984</a> Pass code: 4996b4
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>Playful Vinyasa Flow &amp; Morning Meditation 8am (Jeanne)</b> <a href="#">Click here to watch a recorded class.</a>	<b>Yoga (Maureen) 8am</b> <a href="https://us02web.zoom.us/j/6290538503?pwd=T0dKUTQyeTFhZDRPYmtoRVBPYVltdz09">https://us02web.zoom.us/j/6290538503?pwd=T0dKUTQyeTFhZDRPYmtoRVBPYVltdz09</a> Meeting ID: 629 053 8503 Passcode: breath108
10am							<b>Yoga (Tanya) (10:00 – 11:00)</b> <a href="https://us02web.zoom.us/j/82946218484?pwd=WjZaQ1h5RGc2Wkx1TFRFOE5iNDdVQT09">https://us02web.zoom.us/j/82946218484?pwd=WjZaQ1h5RGc2Wkx1TFRFOE5iNDdVQT09</a> Meeting ID: 829 4621 8484 Passcode: 817122
11am/12pm							<b>Zumba (Deandra) (11:00a.m.-12:00p.m.)</b> <a href="https://us02web.zoom.us/j/82302418108?pwd=dGg1ZUpTUnBYRjRjYmVArRDZVTVaUT09">https://us02web.zoom.us/j/82302418108?pwd=dGg1ZUpTUnBYRjRjYmVArRDZVTVaUT09</a> Meeting ID: 823 0241 8108 Passcode: salsa
3pm/4pm		<b>Zumba (Meghan) (4:20pm)</b> Flora Singer ES	<b>Zumba (Angie) (3pm)</b> Quince Orchard HS Room 102	<b>Yoga (Stacy) (3:00pm-3:45pm) Springbrook Dance Studio and Virtual</b> <a href="#">Zoom link</a> Meeting ID: 836 0011 4352 Passcode: yoga <b>Zumba (Meghan) (3:45pm)</b> A Mario Loiederman MS <b>Zumba (Daniela) (4:00pm)</b> Little Bennett Elementary School Gym	<b>Yoga (Amani) (3pm)</b> Wootton HS Cafeteria/Virtually <a href="#">Click here</a> Meeting ID: 880 6870 5366 Passcode: 003543	<b>Zumba (Angie) (3pm)</b> Quince Orchard HS Room 102	<b>Yoga (Stacy) (2:50pm)</b> Springbrook High School Dance Studio Looking for a class? Check out <b>Wellbeats</b> for 1000s of hours of exercise and wellness classes! <a href="#">Click here</a>
4:30pm	<b>Low Impact Strength (Stephanie) 4:30pm</b> <a href="#">Zoom Link</a> Meeting ID: 862 7860 3430 Passcode: 520980	<b>Zumba (Daniela) (4:30pm)</b> Cabin Branch Elementary School Gym	<b>Low Impact Strength (Stephanie) 4:30pm</b> <a href="#">Zoom Link</a> Meeting ID: 862 7860 3430 Passcode: 520980	<b>Zumba (Meghan) (4:20pm)</b> Burnt Mills ES			Looking for a class? Check out <b>Wellbeats</b> for 1000s of hours of exercise and wellness classes! <a href="#">Click here</a>

			<b>Seated Yoga (Holly)</b> <b>4:30pm</b> Email <a href="mailto:wellness@mcpsmd.org">wellness@mcpsmd.org</a> to register					
5pm/ 5:15pm	<b>MCPS 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: 96683	<b>Yoga, Pilates, Meditation (Tanya)</b> <b>5:00PM</b> <a href="#">Class Link</a> Meeting ID: 843 9734 0648 Passcode: 527557			<b>Yoga (Kim) (5:15pm)</b> <a href="#">Click link</a> Meeting ID: 819 2330 3925 Passcode: 734173	<b>Barre (Tanya) 5:00pm</b> <a href="https://us02web.zoom.us/j/82589560014?pwd=NGxiaFJ3Y0tYZExHMT1pmWkhMK2hFdz09">https://us02web.zoom.us/j/82589560014?pwd=NGxiaFJ3Y0tYZExHMT1pmWkhMK2hFdz09</a> Meeting ID: 825 8956 0014 Passcode: 099163		
	<b>Yoga (Kim) (5:15pm)</b> <a href="#">Click link</a> Meeting ID: 819 2330 3925 Passcode: 734173							
5:30pm	<b>Core &amp; More (Maricel) 530pm</b> <a href="#">Click here</a> <b>NEW TIME</b> Meeting ID: 865 6079 2901 Passcode: FIT2024							
6/6:30 pm	<b>Zumba Toning (Ingrid) (6:30p.m. – 7:30p.m.)</b> Meeting ID: 390 916 801 Password: 463642	<b>Tai Chi (Manifest) (6:00 – 7:00)</b> <a href="#">Class link</a> Meeting ID: 246 797 1735 Password: 816826	<b>Gentle Yoga /Meditation (Kristin) (6:30pm-7:30pm)</b> <a href="#">Zoom Link</a> Meeting ID: 898 6747 0750 Passcode: zen <b>(No Class Today)</b>	<b>Zumba (Tania) 6:00pm</b> <a href="#">Class Link</a> Meeting ID: 771 1085 3673 Passcode: vuN0rM	<b>Tai Chi (Manifest) (6:00 – 7:00)</b> <a href="#">Class link</a> Meeting ID: 246 797 1735 Password: 816826			
7/8pm	<b>Total Body Conditioning (Tanya) (7pm)</b> <a href="#">Class Link</a> Meeting ID: 870 7489 4911 Passcode: 653129	<b>Zumba (Ingrid) 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#		<b>Zumba (Ingrid) 7:00pm</b> Meeting ID: 914 549 067 Password: 162663			

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

**Yoga (Recorded)** <https://vimeo.com/924110257/d7f8bc23aa?share=copy>

(5/6 – 5/12)

(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)

**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)
- Essential oils in a diffuser or incense (aromatherapy reminds us to take deep breaths!)

**Pilates/Yoga/Meditation (Recorded) Stream Anytime 5/6 – 5/12!**

[Week of 5.6.24 Pilates, Yoga Meditation &.mp4](#)

**Chair Yoga (Recorded) Stream Anytime 5/6 – 5/12!**

[Week of 5.6.24 Chair Yoga.mp4](#)

**Total Body Conditioning (Recorded) Stream Anytime 5/6 – 5/12!**

[Week of 5.6.24 Total Body Conditioning.mp4](#)