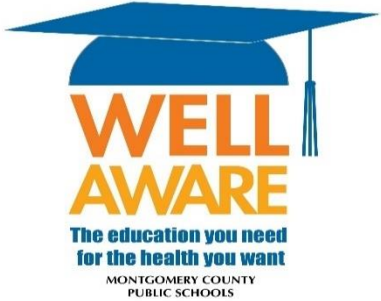


WELL AWARE NOVEMBER 2024 CALENDAR OF CLASSES

	Monday 11/18	Tuesday 11/19	Wednesday 11/20	Thursday 11/21	Friday 11/22	Saturday 11/23	Sunday 11/24
6am	Recorded Zumba (Daniela) (6:00a.m for 24 hours) https://www.zumba.com/class_detail/index/f79c12ae-0000-4f9f-aa4f-280fe200a748 Class Code: ff8a49	Recorded Zumba (Daniela) (6:00a.m for 24 hours) https://www.zumba.com/class_detail/index/c95a302ae2d9-4827-adc5-dc3ecd81c8ac Class Code: 91e2ff	Recorded Zumba Strong (Daniela) (6am for 24 hours) https://www.zumba.com/class_detail/index/444e6780-ec6d-4909-8a5e-778ff24c169c Class Code:1217f4	Recorded Zumba (Daniella) (6:00a.m for 24 hours) https://www.zumba.com/class_detail/index/e98ccbf-f-3f33-4f80-89fa-9e21469e1a3c Class Code: 699c31		Recorded Zumba Strong (Daniela) (6am for 24 hours) Class Link Class Code: 5314a6 Recorded Zumba (Daniela) (6:00a.m for 24 hours) Class link Class Code: 528ef8	Recorded Zumba Strong (Daniela) (6am for 24 hours) https://www.zumba.com/class_detail/index/6c97e8a-c275-4910-a666-cc6429d96619 Class Code: 7e6a9b
7am/8am	To Register for Recorded Zumba Classes: ** Click Register ** Click Pay (don't worry it is free) ** Add code for free class		Recorded Low Impact Strength (Stephanie) https://dreamfittrainingandwellnessllc.mvsite.app/products/units/view/1522612/?lesson=2793942		Playful Vinyasa Flow & Morning Meditation 730am (Jeanne) https://meet.google.com/ytd-abyr-bsz Or dial: (US) +1 240-587-5791 PIN: 353 053 561#		
9am/10am						Yoga (Maureen) 9am https://us02web.zoom.us/j/6290538503?pwd=T0dKUTQyeTFhZDRPYmtoRVBPPYVltdz09 Meeting ID: 629 053 8503 Passcode: breath108	Yoga (Tanya) 10:00 – 11:00 https://us02web.zoom.us/j/82946218484?pwd=WjZaQ1h5RGc2WXc1THRFOE5iNDdVQT09 Meeting ID: 829 4621 8484 Passcode: 817122
11am-330pm		Mixed Level Flow Yoga (Stacey) 3:15pm Tilden MS (Room 2098)	Yoga (Stacey) 2:50pm Springbrook Dance Studio https://mcpsmd.zoom.us/j/87224743554?pwd=LF6vf2b0FoCPaIN6fDaRmA1ID0BCwF.1 Meeting ID: 872 2474 3554 Passcode: 311779 Zumba (Angie) 3:05pm QOHS Dance Studio 210	Yoga (Amani) 3:00pm Wootton High School Participate Virtually! Click here Zumba (Angie) 3:05pm QOHS Dance Studio 210			Zumba (Deandra) 11:00a.m.-12:00p.m https://us02web.zoom.us/j/82302418108?pwd=dGg1ZUpTUnBYRiByMVArRDZVTVaU09 Meeting ID: 823 0241 8108 Passcode: salsa
4pm/4:30pm	Seated Yoga (Holly) 4:30pm Class Link Meeting ID: 872 9688 3546 Passcode: 073305	Zumba (Daniela) 4:00pm Little Bennett ES Zumba (Meghan) 4:30pm Flora Singer ES Gym	Zumba (Meghan) 3:45pm Loiederman MS Old Dance Studio Zumba Strong (Daniela) 400pm Little Bennett ES Seated Yoga (Holly) 4:30pm Class Link Meeting ID: 867 7803 4365 Passcode: 553255	Yoga (Stacey) 4pm Montgomery Knolls ES Room 147 Zumba (Meghan) 4:20pm Roscoe Nix ES Gym Cardio (Wanda) Pine Crest ES 4:20pm Sign up here Zumba Strong (Daniela) 430pm Cabin Branch ES	Zumba/Core/Resistance (Mary) No class today 3:45pm Sligo MS Cafeteria		Looking for a class? Check out Wellbeats for 1000s of hours of exercise and wellness classes! Click here

<p>5pm/ 5:15pm</p>	<p>MINDFUL MONDAYS (Carrie) Every Monday, except holidays 5:15-6:00 PM ZOOM Link Meeting ID: 829 8043 4434 Passcode: 966834 Dial-in number: 301-715-8592</p>	<p>Yoga, Pilates, Meditation (Tanya) 5:00PM Class Link Meeting ID: 843 9734 0648 Passcode: 527557</p>		<p>Yoga (Kim) (515pm) Click link Passcode: 631070 Meeting ID: 879 7009 8554</p>	<p>Feel Good Friday Stretch (Tanya) 5:00pm https://us02web.zoom.us/j/82589560014?pwd=NGxlaFJ3Y0tYZExHM1pmWkhMK2hFdz09 Meeting ID: 825 8956 0014 Passcode: 099163</p>		
<p>5:30pm</p>	<p>Core & More (Maricel) 530pm Click here Meeting ID: 865 6079 2901 Passcode: FIT2024</p>						
<p>6/6:30 pm</p>	<p>Zumba Toning (Ingrid) 6:30p.m. – 7:30p.m. Meeting ID: 390 916 801 Password: 463642</p>	<p>Tai Chi (Manifest) 6:00 – 7:00 Class link Meeting ID: 246 797 1735 Password: 816826</p>	<p>Gentle Yoga /Meditation (Kristin) 6:30pm-7:30pm Zoom Link Meeting ID: 898 6747 0750 Passcode: zen</p>	<p>Tai Chi (Manifest) 6:00 – 7:00 Class link Meeting ID: 246 797 1735 Password: 816826</p>			
<p>7/8pm</p>	<p>Total Body Conditioning (Tanya) 7:00pm Class Link Meeting ID: 870 7489 4911 Passcode: 653129</p>	<p>Zumba (Ingrid) 7:00pm Meeting ID: 865 5702 5302 Password: 962349</p> <p>Restorative Yoga & Yoga Nidra (Jeanne) (8pm) https://meet.google.com/ytd-abyr-bsz Or dial: (US) +1 240-587-5791 PIN: 353 053 561#</p>		<p>Zumba (Ingrid) 7:00pm Meeting ID: 914 549 067 Password: 162663</p>			

Yoga with Maureen (Recorded) Stream Anytime!
Yoga (Recorded)
<https://vimeo.com/1023548218/27461c8abb?ts=0&share=copy>
 (11/18- 11/24)
 (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 11/18- 11/24!
[Week of 11.18.24 Pilates, Yoga & Meditation.mp4](#)

Chair Yoga (Recorded) Stream Anytime 11/18- 11/24!
[Week of 11.18.24 Chair Yoga.mp4](#)

Total Body Conditioning (Recorded) Stream Anytime 11/18- 11/24!
[Week of 11.18.24 Total Body Conditioning.mp4](#)

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

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