

WELL AWARE SEPTEMBER 2024 CALENDAR OF CLASSES

	Monday 9/2	Tuesday 9/3	Wednesday 9/4	Thursday 9/5	Friday 9/6	Saturday 9/7	Sunday 9/8
6am	<p>Recorded Zumba (Daniela) (6:00a.m for 24 hours) https://www.zumba.com/class_detail/index/ff816b4e-c227-4bfa-937f-eb1126c007ad Pass code: 1c58e6</p>	<p>Recorded Zumba (Daniela) (6:00a.m for 24 hours) https://www.zumba.com/class_detail/index/359cf94a-ff1b-4a46-a450-a2328d8234bc Pass code: 1928f1</p>	<p>Recorded Zumba Strong (Daniela) (6am for 24 hours) https://www.zumba.com/class_detail/index/9acb3efe-6bdf-436b-83e7-bd866c47faa9 Pass code:34b587</p>	<p>Recorded Zumba (Daniella) (6:00a.m for 24 hours) https://www.zumba.com/class_detail/index/72421b18-ecac-4486-92ec-d438b58681ba Pass code:58a929</p>		<p>Recorded Zumba Strong (Daniela) (6am for 24 hours) Class Link Pass code: 979ad9</p> <p>Recorded Zumba (Daniela) (6:00a.m for 24 hours) Class link Passcode: 4571a4</p>	<p>Recorded Zumba Strong (Daniela) (6am for 24 hours) https://www.zumba.com/class_detail/index/9609fac3-94a7-4227-bd80-e3429c555d87 Pass code: 592e72</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>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#</p>		
9am/10am						<p>Yoga (Maureen) 9am https://us02web.zoom.us/j/6290538503?pwd=T0dKUTQyeTFhZDRPYmtoRVBPYVltZD09 Meeting ID: 629 053 8503 Passcode: breath108</p>	<p>Yoga (Tanya) 10:00 – 11:00 https://us02web.zoom.us/j/82946218484?pwd=WjZaQ1h5RGc2Wxc1THRFOE5iNDdVQT09 Meeting ID: 829 4621 8484 Passcode: 817122</p>
11am-3pm	<p>Total Body Conditioning (Tanya) Special Time Today 1:00pm Class Link Meeting ID: 870 7489 4911 Passcode: 653129</p>		<p>Yoga (Stacey) 2:50pm Springbrook Dance Studio https://mcpsmd.zoom.us/j/87224743554?pwd=LF6vf2b0FoCPaIN6fDaRmA1ID0BCwF.1 Meeting ID: 872 2474 3554 Passcode: 311779</p>	<p>Yoga (Amani) 3:00pm Wootton High School Participate Virtually! Click here</p>			<p>Zumba (Deandra) 11:00a.m.-12:00p.m https://us02web.zoom.us/j/82302418108?pwd=dGg1ZUpTUnBYRiByMVArRDZVTTVaUT09 Meeting ID: 823 0241 8108 Passcode: salsa</p>
4pm		<p>Zumba Strong (Daniela) 430pm Cabin Branch ES</p>	<p>Zumba Strong (Daniela) 4pm Little Bennett ES</p> <p>Seated Yoga (Holly) 4:30pm Class Link Meeting ID: 820 9022 8981 Passcode: 189365</p>	<p>Yoga (Stacey) 4pm Montgomery Knolls ES</p> <p>Zumba (Daniela) 4:30pm Cabin Branch ES</p>	<p>Zumba/Core/Resistance (Mary) 3:45pm Sligo MS Cafeteria</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>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>			

	Yoga (Kim) (515pm) Click link Passcode: 631070 Meeting ID: 879 7009 8554				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		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/994515239/3e7fbaaae9?share=copy>
 (9/2- 9/8)
 (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 9/2- 9/8!
[Week of 9.2.24 Pilates, Yoga & Meditation.mp4](#)

Chair Yoga (Recorded) Stream Anytime 9/2- 9/8!
[Week of 9.2.24 Chair Yoga.mp4](#)

Total Body Conditioning (Recorded) Stream Anytime 9/2- 9/8!
[Week of 9.2.24 Total Body Conditioning.mp4](#)

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