


WELL AWARE SEPTEMBER 2023 CALENDAR OF CLASSES

	Monday 9/18	Tuesday 9/19	Wednesday 9/20	Thursday 9/21	Friday 9/22	Saturday 9/23	Sunday 9/24
6am	<b>Recorded Zumba</b> (Daniela) (6:00a.m for 24 hours) <a href="https://drive.google.com/file/d/1cXQ1XslDw9Cfj2qQHsXUI3xoW3CJpytW/view?usp=sharing">https://drive.google.com/file/d/1cXQ1XslDw9Cfj2qQHsXUI3xoW3CJpytW/view?usp=sharing</a>	<b>Recorded Zumba</b> (Daniela) (6:00a.m for 24 hours) <a href="https://drive.google.com/file/d/1cXQ1XslDw9Cfj2qQHsXUI3xoW3CJpytW/view?usp=sharing">https://drive.google.com/file/d/1cXQ1XslDw9Cfj2qQHsXUI3xoW3CJpytW/view?usp=sharing</a>	<b>Recorded Zumba Strong</b> (Daniela) (6am for 24 hours) <a href="https://drive.google.com/file/d/1nJOdt8WnfK79lG-D6rgDIWE9UeFx2n-g/view?usp=sharing">https://drive.google.com/file/d/1nJOdt8WnfK79lG-D6rgDIWE9UeFx2n-g/view?usp=sharing</a>	<b>Recorded Zumba</b> (Daniela) (6:00a.m for 24 hours) <a href="https://drive.google.com/file/d/1cXQ1XslDw9Cfj2qQHsXUI3xoW3CJpytW/view?usp=sharing">https://drive.google.com/file/d/1cXQ1XslDw9Cfj2qQHsXUI3xoW3CJpytW/view?usp=sharing</a>		<b>Recorded Zumba Strong</b> (Daniela) (6am for 24 hours) <a href="https://drive.google.com/file/d/1nJOdt8WnfK79lG-D6rgDIWE9UeFx2n-g/view?usp=sharing">https://drive.google.com/file/d/1nJOdt8WnfK79lG-D6rgDIWE9UeFx2n-g/view?usp=sharing</a>  <b>Recorded Zumba</b> (Daniela) (6:00a.m for 24 hours) <a href="https://drive.google.com/file/d/1cXQ1XslDw9Cfj2qQHsXUI3xoW3CJpytW/view?usp=sharing">https://drive.google.com/file/d/1cXQ1XslDw9Cfj2qQHsXUI3xoW3CJpytW/view?usp=sharing</a>	<b>Recorded Zumba Strong</b> (Daniela) (6am for 24 hours) <a href="https://drive.google.com/file/d/1nJOdt8WnfK79lG-D6rgDIWE9UeFx2n-g/view?usp=sharing">https://drive.google.com/file/d/1nJOdt8WnfK79lG-D6rgDIWE9UeFx2n-g/view?usp=sharing</a>
8am					<b>Playful Vinyasa Flow &amp; Morning Meditation</b> <b>8am (Jeanne)</b> <a href="https://meet.google.com/yt-d-abyr-bsz">https://meet.google.com/yt-d-abyr-bsz</a> Or dial: (US) +1 240-587-5791 PIN: 353 053 561#	<b>Yoga (Maureen)</b> <b>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)</b> <b>(10:00 – 11:00)</b> <a href="https://us02web.zoom.us/j/82946218484?pwd=WjZaQ1h5RGc2Wxc1TFRFOE5iNDdVQT09">https://us02web.zoom.us/j/82946218484?pwd=WjZaQ1h5RGc2Wxc1TFRFOE5iNDdVQT09</a> Meeting ID: 829 4621 8484 Passcode: 817122
11am/ 12pm							<b>Zumba (Deandra)</b> <b>(11:00a.m.-12:00p.m.)</b> <a href="https://us02web.zoom.us/j/82302418108?pwd=dGg1ZUpTUnBYRjByMVArRDZVTTVaUT09">https://us02web.zoom.us/j/82302418108?pwd=dGg1ZUpTUnBYRjByMVArRDZVTTVaUT09</a> Meeting ID: 823 0241 8108 Passcode: salsa
3pm/ 4pm		<b>Zumba (Meghan)</b> <b>(4:20pm)</b> Flora Singer ES	<b>Zumba (Meghan)</b> <b>(3:45pm)</b> A Mario Loiederman MS	<b>Yoga (Amani)</b> <b>(3pm)</b> Wootton HS Cafeteria AND Join Virtually <a href="#">Click here</a> Meeting ID: 880 6870 5366 Passcode: 003543	<b>Yoga (Stacy)</b> <b>(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>	
			<b>Yoga (Stacy)</b> <b>(4:00pm-4:45pm)</b> <a href="#">Zoom link</a> Meeting ID: 836 0011 4352 Passcode: yoga	<b>Zumba (Meghan)</b> <b>(4:20pm)</b> Burnt Mills ES			
			<b>Zumba (Daniela)</b> <b>(4:00pm)</b> Little Bennet Elementary School Gym				

WELL AWARE SEPTEMBER 2023 CALENDAR OF CLASSES

4:30pm			<p><b>Low Impact Strength (Stephanie)</b>  <b>4:30pm</b>  <a href="#">Zoom Link</a>                      Meeting ID: 862 7860 3430                      Passcode: 520980</p>			<p>Looking for a class? Check out <b>Wellbeats</b> for 1000s of hours of exercise and wellness classes! <a href="#">Click here</a></p>
5pm	<p><b>Core &amp; More (Maricel)</b>  <b>5pm</b> <a href="#">Click here</a>                      Meeting ID: 812 3149                      2851 Passcode: FIT2021</p>	<p><b>Yoga, Pilates, Meditation (Tanya)</b>  <b>5pm</b>  <a href="https://us02web.zoom.us/j/83228428649?pwd=MGVpcWJNTGJTbzJiZUpM MFdtNUYxQT09">https://us02web.zoom.us/j/83228428649?pwd=MGVpcWJNTGJTbzJiZUpM MFdtNUYxQT09</a>                      Meeting ID: 832 2842 8649                      Passcode: 472470</p>	<p><b>Zumba (Tania)</b>  <b>5:00pm</b>  <a href="https://us02web.zoom.us/j/kcz06Xjeji">https://us02web.zoom.us/j/kcz06Xjeji</a>                      Meeting ID: 883 0370 2103                      Passcode: 652754</p>		<p><b>Barre (Tanya)</b>  <b>5:00pm</b>  <a href="https://us02web.zoom.us/j/82589560014?pwd=NGxlaFJ3Y0tYZExH M1pmWkhMK2hFdz09">https://us02web.zoom.us/j/82589560014?pwd=NGxlaFJ3Y0tYZExH M1pmWkhMK2hFdz09</a>                      Meeting ID: 825 8956 0014                      Passcode: 099163</p>	
5:15/ 5:30pm	<p><b>MCPS MINDFUL MONDAYS (Carrie)</b>                      Every Monday, except holidays                      5:15-6:00 PM  <a href="#">ZOOM Link</a>                      Meeting ID: 829 8043                      4434 Passcode: 96683</p>			<p><b>Yoga (Kim)</b>  <b>(5:15pm)</b>  <a href="#">Click link</a>                      Meeting ID: 859 4298 8696                      Passcode: 955079</p>		
6/6:30 pm	<p><b>Zumba Toning (Ingrid)</b>  <b>(6:30p.m. – 7:30p.m.)</b>                      Meeting ID: 390 916 801                      Password: 463642</p>	<p><b>Tai Chi (Manifest)</b>  <b>(6:00 – 7:00)</b>                      Meeting ID: 246 797 1735                      Password: 816826</p>	<p><b>Gentle Yoga and Meditation (Kristin)</b>  <b>(6:30pm-7:30pm)</b>  <a href="#">Zoom Link</a>                      Meeting ID: 898 6747 0750                      Passcode: zen</p>	<p><b>Tai Chi (Manifest)</b>  <b>(6:00 – 7:00)</b>                      Meeting ID: 246 797 1735                      Password: 816826</p>		
7/8pm	<p><b>Total Body Conditioning (Tanya)</b>  <b>(7pm)</b>  <a href="#">Class Link</a>                      Meeting ID: 870 7489 4911                      Passcode: 653129</p>	<p><b>Zumba (Ingrid)</b>  <b>7:00pm</b>                      Meeting ID: 865 5702 5302                      Password: 962349</p>	<p><b>Restorative Yoga &amp; Yoga Nidra (Jeanne)</b>  <b>8:00pm</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#</p>	<p><b>Zumba (Ingrid)</b>  <b>7:00pm</b>                      Meeting ID: 914 549 067                      Password: 162663</p>		

## Yoga with Maureen (Recorded) Stream Anytime!

Yoga (Recorded) <https://vimeo.com/858185678/ba44c02873?share=copy>

(9/18 – 9/24)

(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)

### 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!)