


WELL AWARE AUGUST 2023 CALENDAR OF CLASSES

	Monday 8/21	Tuesday 8/22	Wednesday 8/23	Thursday 8/24	Friday 8/25	Saturday 8/26	Sunday 8/27
6am	Recorded Zumba (Daniela) (6:00a.m for 24 hours) https://www.zumba.dance/i/9f32ec6a STUDENT CODE: 1DD7AE	Recorded Zumba (Daniela) (6:00a.m for 24 hours) https://www.zumba.dance/i/43c73558 STUDENT CODE: 1DD7AE	Recorded Zumba Strong (Daniela) (6am for 24 hours) https://www.zumba.dance/i/1aafe6bb STUDENT CODE: 5D779C	Recorded Zumba (Daniella) (6:00a.m for 24 hours) https://www.zumba.dance/i/7637e420 STUDENT CODE: 1DD7AE		Recorded Zumba Strong (Daniela) (6am for 24 hours) https://www.zumba.dance/i/25c43fa7 STUDENT CODE: 5D779C Recorded Zumba (Daniela) (6:00a.m for 24 hours) https://www.zumba.dance/i/ec11a802 STUDENT CODE: 1DD7AE	Recorded Zumba Strong (Daniela) (6am for 24 hours) https://www.zumba.dance/i/9c06770d STUDENT CODE: 5D779C
8am					Playful Vinyasa Flow & Morning Meditation 8am (Jeanne) https://meet.google.com/yt-d-abyr-bsz Or dial: (US) +1 240-587-5791 PIN: 353 053 561#	Yoga (Maureen) 8am https://us02web.zoom.us/j/6290538503?pwd=T0dKUTQyeTFhZDRPYmtoRVBPYVltdz09 Meeting ID: 629 053 8503 Passcode: breath108	
10am							Yoga (Tanya) (10:00 – 11:00) https://us02web.zoom.us/j/82946218484?pwd=WjZaQ1h5RGc2Wxc1THRFOE5iNDdVQT09 Meeting ID: 829 4621 8484 Passcode: 817122
11am/12pm							Zumba (Deandra) (11:00a.m.-12:00p.m.) https://us02web.zoom.us/j/82302418108?pwd=dGg1ZUpTUnBYRjByMVArdzVTTVaUT09 Meeting ID: 823 0241 8108 Passcode: salsa
3pm/4pm	Yoga (Kim) (4:00pm) https://us02web.zoom.us/j/87348198988?pwd=NHUyMHFPbVVKVVNWWHcrNk4yRjI5UT09 Meeting ID: 873 4819 8988 Passcode: 537061		Zumba (Daniela) (4:00pm) Starting 9/6 Little Bennet Elementary School Gym	Yoga (Amani) (3pm) Join Zoom Meeting Click here Meeting ID: 880 6870 5366 Passcode: 003543		Looking for a class? Check out Wellbeats for 1000s of hours of exercise and wellness classes! Click here	

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4:30pm	<p>Low Impact Strength (Stephanie) Starting 8/21 4:30pm Zoom Link Meeting ID: 862 7860 3430 Passcode: 520980</p>		<p>Low Impact Strength (Stephanie) 4:30om Zoom Link Meeting ID: 862 7860 3430 Passcode: 520980</p> <p>Seated Yoga (Holly) 4:30pm Starting 10/4 Email wellness@mcpsmd.org to register</p>			<p>Looking for a class? Check out Wellbeats for 1000s of hours of exercise and wellness classes! Click here</p>
5pm	<p>Core & More (Maricel) 5pm Click here Meeting ID: 812 3149 2851 Passcode: FIT2021</p>	<p>Yoga, Pilates, Meditation (Tanya) 5pm (New start time) https://us02web.zoom.us/j/83228428649?pwd=MGVpcWJNTGJTbzJiZUpMMFdtNUYxQT09 Meeting ID: 832 2842 8649 Passcode: 472470</p>	<p>Zumba (Tania) 5:00pm https://us02web.zoom.us/j/kcz06Xjeii Meeting ID: 883 0370 2103 Passcode: 652754</p>		<p>Barre (Tanya) 5:00pm https://us02web.zoom.us/j/82589560014?pwd=NGxlaFJ3Y0tYZExHMT1pWkhMK2hFdZ09 Meeting ID: 825 8956 0014 Passcode: 099163</p>	
5:15/5:30pm	<p>MCPS MINDFUL MONDAYS (Carrie) Every Monday, except holidays 5:15-6:00 PM ZOOM Link Meeting ID: 829 8043 4434 Passcode: 96683</p> <p>Yoga (Kim) (5:15pm) Starting 8/28 Click link Meeting ID: 859 4298 8696 Passcode: 955079</p>			<p>Yoga (Kim) (5:15pm) Starting 8/31 Click link Meeting ID: 859 4298 8696 Passcode: 955079</p>		
6/6:30 pm	<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) Starting 8/29 Meeting ID: 246 797 1735 Password: 816826</p>	<p>Gentle Yoga and Meditation (Kristin) (6:30pm-7:30pm) Zoom Link Meeting ID: 898 6747 0750 Passcode: zen</p>	<p>Tai Chi (Manifest) (6:00 – 7:00) Meeting ID: 246 797 1735 Password: 816826</p>		
7/8pm	<p>Total Body Conditioning (Tanya) Starting 9/11</p>	<p>Zumba (Ingrid) 7:00pm Meeting ID: 865 5702 5302 Password: 962349</p>	<p>Restorative Yoga & Yoga Nidra (Jeanne) 8:00pm 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/847577008/23a106f05b?share=copy>
(8/21-8/27)

(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!)