

WELL AWARE APRIL 2024 CALENDAR OF CLASSES

	Monday 4/15	Tuesday 4/16	Wednesday 4/17	Thursday 4/18	Friday 4/19	Saturday 4/20	Sunday 4/21
6am	Recorded Zumba (Daniela) (6:00a.m for 24 hours) https://www.zumba.com/class_detail/index/964910ac-2e98-40e7-b380-920f6d7a49cf Pass code: 713e24	Recorded Zumba (Daniela) (6:00a.m for 24 hours) https://www.zumba.com/class_detail/index/68fff600-1185-40f8-9b92-eb9bd91feb9f Pass code: baf13b	Recorded Zumba Strong (Daniela) (6am for 24 hours) https://www.zumba.com/class_detail/index/693ddf09-1215-4129-b71b-8ef9671af496 Pass code: 1aabec	Recorded Zumba (Daniela) (6:00a.m for 24 hours) https://www.zumba.com/class_detail/index/d8d87d68-c74a-48d0-b92b-8d5ee383d1b4 Pass code: 451c14		Recorded Zumba Strong (Daniela) (6am for 24 hours) https://www.zumba.com/class_detail/index/5b0ca08a-3459-431b-b041-caa94f9d8225 Class Link Pass code: f531c6 Recorded Zumba (Daniela) (6:00a.m for 24 hours) Class link Pass code: 38c615	Recorded Zumba Strong (Daniela) (6am for 24 hours) https://www.zumba.com/class_detail/index/5b0ca08a-3459-431b-b041-caa94f9d8225 Pass code: c8d978
8am	To Register for Recorded Zumba Classes: ** Click Register ** Click Pay (don't worry it is free) ** Add code for free class				Playful Vinyasa Flow & Morning Meditation 8am (Jeanne) Click here to watch a recoded class.	Yoga (Maureen) 8am https://us02web.zoom.us/j/6290538503?pwd=TOdKUTQyeTFhZDRPYmtoRVBPYVltdz09 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=dGg1ZUpTUnBYRjByMVArRDZVTTVaUT09 Meeting ID: 823 0241 8108 Passcode: salsa
3pm/4pm		Zumba (Meghan) (4:20pm) Flora Singer ES	Zumba (Angie) (3pm) Quince Orchard HS Room 102	Zumba (Meghan) (3:45pm) A Mario Loiederman MS Yoga (Stacy) (4:00pm-4:45pm) Zoom link Meeting ID: 836 0011 4352 Passcode: yoga	Yoga(Amani) (3pm) Wootton HS Cafeteria/Virtually Click here Meeting ID: 880 6870 5366 Passcode: 003543	Zumba (Angie) (3pm) Quince Orchard HS Room 102	Yoga (Stacy) (2:50pm) Springbrook High School Dance Studio Looking for a class? Check out Wellbeats for 1000s of hours of exercise and wellness classes! Click here
4:30pm	Low Impact Strength (Stephanie) 4:30om Zoom Link Meeting ID: 862 7860 3430 Passcode: 520980	Zumba (Daniela) (4:30pm) Cabin Branch Elementary School Gym	Low Impact Strength (Stephanie) 4:30pm Zoom Link Meeting ID: 862 7860 3430 Passcode: 520980	Zumba (Daniela) (4:00pm) Little Bennett Elementary School Gym	Zumba (Meghan) (4:20pm) Burnt Mills ES		Looking for a class? Check out Wellbeats for 1000s of hours of exercise and wellness classes! Click here

Pilates/Yoga/Meditation (Recorded) Stream Anytime 4/15 – 4/21!

[Week of 4.15.24 Pilates, Yoga & Meditation.mp4](#)

Chair Yoga (Recorded) Stream Anytime 4/15 – 4/21!

[Week of 4.15.24 Chair Yoga.mp4](#)

Total Body Conditioning (Recorded) Stream Anytime 4/15 – 4/21!

[Week of 4.15.24 Total Body Conditioning.mp4](#)