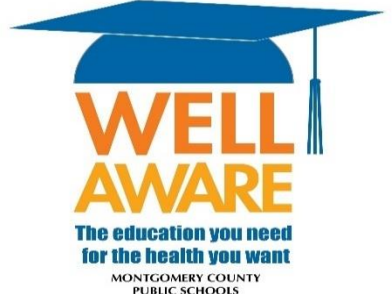


WELL AWARE AUGUST 2025 CALENDAR OF CLASSES

	Monday 8/18	Tuesday 8/19	Wednesday 8/20	Thursday 8/21	Friday 8/22	Saturday 8/23	Sunday 8/24
6am	Recorded Zumba (Daniela) (6:00a.m for 24 hours) Class Link Pass code: e5a15a To Register for Recorded Zumba Classes: ** Click Register ** Click Pay (don't worry it is free) ** Add code for free class	Recorded Zumba (Daniela) (6:00a.m for 24 hours) Class Link Pass code: c89988	Recorded Zumba Strong (Daniela) (6am for 24 hours) Class Link Pass code: df1aa8	Recorded Zumba (Daniella) (6:00a.m for 24 hours) Class Link Pass code: 7c1cf3	Zumba Strong: 6am (Daniela) Little Bennett ES	Recorded Zumba Strong (Daniela) (6am for 24 hours) Class Link Class Code: 3c192a Recorded Zumba (Daniela) (6:00a.m for 24 hours) Class link Class Code: e74dcd	Recorded Zumba Strong (Daniela) (6am for 24 hours) Class Link Pass code: 2fd915
7am/8am					Morning Meditation and Flow (Jeanne) (730am) https://meet.google.com/ytd-abyr-bsz Or dial: (US) +1 240-587-5791 PIN: 353 053 561#		
9am/10am			Recorded Low Impact Strength (Stephanie) https://dreamfittrainingandwellnessllc.mvsite.app/products/units/view/1522612/?lesson=2817669			Yoga (Maureen) 9am Class Link Meeting ID: 629 053 8503 Passcode: breath108	Yoga (Tanya) 10:00 – 11:00 Class Link Meeting ID: 829 4621 8484 Passcode: 817122
11am-345pm			Yoga: 2:50pm (Stacy) Class Link Meeting ID: 991 643 0767 Passcode: YOGA	Yoga (Amani) 3:00pm Participate Virtually! Click here			Zumba (Deandra) Class link Meeting ID: 823 0241 8108 Passcode: salsa
4pm/4:30pm	Yoga (Kim) 4pm Click link Meeting ID: 824 6598 8839 Passcode: 677191	Zumba: 4pm (Daniela) Little Bennett ES	Zumba Strong: 4pm (Daniela) Little Bennett ES	Yoga (Kim) 4pm Click link Meeting ID: 824 6598 8839 Passcode: 677191			Looking for a class? Check out Wellbeats for 1000s of hours of exercise and wellness classes! Click here
	Seated Yoga (Holly) 4:30pm Starting 9/8 Class Link Meeting ID: 884 1909 0464 Passcode: 040267	Yoga: 4pm (Stacy) Class Link Meeting ID: 991 643 0767 Passcode: YOGA	Seated Yoga (Holly) 4:30pm Starting 9/10 Class Link Meeting ID: 891 2573 9589 Passcode: 337253	Zumba: 4pm (Daniela) Little Bennett ES Yoga: 4pm (Stacy) Class Link Meeting ID: 991 643 0767 Passcode: YOGA			
5pm 5:15pm 5:30pm	Mindful Mondays (Carrie) Starting 9/8 5:15pm	Yoga, Pilates, Meditation (Tanya) 5:00PM Class Link Meeting ID: 843 9734 0648 Passcode: 527557			Feel Good Friday Stretch (Tanya) 5:00pm Class Link Meeting ID: 825 8956 0014 Passcode: 099163		

WELL AWARE AUGUST 2025 CALENDAR OF CLASSES

				Core & More (Maricel) 5:30pm Click here Meeting ID: 865 6079 2901 Passcode: FIT2024		
6/6:30 pm	Total Body Conditioning (Tanya) 6pm Class Link Meeting ID: 870 7489 4911 Passcode: 653129	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 Toning (Ingrid) 7pm Meeting ID: 390 916 801 Password: 463642	Zumba (Ingrid) 7pm 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/ytd-abyr-bsz Or dial: (US) +1 240-587-5791 PIN: 353 053 561#				
Yoga (Recorded) Stream Anytime 8/18/2025 – 8/24/2025 https://vimeo.com/1102771099/cc79ad9efd?ts=2553115&share=copy (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 8/18/2025 – 8/24/2025 https://drive.google.com/file/d/1FwUUcdz23qzHI-nARM3W54F5pfjYn3zVW/view?usp=share_link Chair Yoga (Recorded) Stream Anytime Stream Anytime 8/18/2025 – 8/24/2025 https://drive.google.com/file/d/10wDLjIC5hnAWc-3GK7RqFPeeZl4vIwX9/view?usp=share_link Total Body Conditioning (Recorded) Stream Anytime 8/18/2025 – 8/24/2025 https://drive.google.com/file/d/1VzcZhTBpopvSdAtszc0sLB2Q-owJiBPY/view?usp=share_link DreamFIT Class Vault (Total Body Conditioning) Restorative and Vinyasa Yoga Practices from Jeanne Mindful Mondays Weekly Recordings		
Mindfulness: Mindfulness of Thoughts and Sensations (Spanish) https://drive.google.com/file/d/1YN3LeH8HXvJm5VvzUsS3nZYMdWFLhHC/view (Copy and paste into browser) Stream Anytime 8/18/2025 – 8/24/2025						