

WELL AWARE FEBRUARY 2024 CALENDAR OF CLASSES

	Monday 2/26	Tuesday 2/27		Wednesday 2/28	Thursday 2/29	Friday 3/1	Saturday 3/2	Sunday 3/3
6am	Recorded Zumba (Daniela) (6:00a.m for 24 hours) https://www.zumba.com/class_detail/index/e8cdb07b-de66-451e-b2d2-952ca4e69e30 Pass code: 48359e	Recorded Zumba (Daniela) (6:00a.m for 24 hours) https://www.zumba.com/class_detail/index/b30bf958-340d-4e73-b2e7-05344bfb33d6 Pass code: d8eaba		Recorded Zumba Strong (Daniela) (6am for 24 hours) https://www.zumba.com/class_detail/index/07f5a8e0-a20f-488c-ad43-e9baa3676342 Pass code: 17dabb	Recorded Zumba (Daniela) (6:00a.m for 24 hours) https://www.zumba.com/class_detail/index/2681da78-caa7-4898-9904-5a3fd4b1d00e Pass code: d15727		Recorded Zumba Strong (Daniela) (6am for 24 hours) Class Link Pass code: e1b116 Recorded Zumba (Daniela) (6:00a.m for 24 hours) Class link Pass code: 61691b	Recorded Zumba Strong (Daniela) (6am for 24 hours) https://www.zumba.com/class_detail/index/3d3a5ebc-e4ab-4f6f-bcac-bc379b2e9a60 Pass code: 11addb
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) 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=T0dKUTQyeTFhZDRPYmtoRVBpYVltZ09 Meeting ID: 629 053 8503 Passcode: breath108	
10am								Yoga (Tanya) (10:00 – 11:00) https://us02web.zoom.us/j/82946218484?pwd=WlZaQ1h5RGc2WXc1THRFOE5iNDdVQT09 Meeting ID: 829 4621 8484 Passcode: 817122
11am/12pm								Zumba (Deandra) (11:00a.m.-12:00p.m.) https://us02web.zoom.us/j/82302418108?pwd=dGg1ZUpTUnBYRiByMVArdZVTTVaUT09 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 Zumba (Daniela) (4:00pm) Little Bennett Elementary School Gym 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 (Meghan) (4:20pm) Burnt Mills ES			Looking for a class? Check out Wellbeats for 1000s of hours of exercise and wellness classes! Click here

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			Seated Yoga (Holly) 4:30pm Email wellness@mcpsmd.org to register				
5pm	Core & More (Maricel) 515pm Click here Meeting ID: 865 6079 2901 Passcode: FIT2024	Yoga, Pilates, Meditation (Tanya) 5:00PM Class Link Meeting ID: 843 9734 0648 Passcode: 527557			Barre (Tanya) 5:00pm https://us02web.zoom.us/j/82589560014?pwd=NGxiaFJ3Y0tYZExHM1pmWkhMK2hFdz09 Meeting ID: 825 8956 0014 Passcode: 099163		
5:15/ 5:30pm	MCPS MINDFUL MONDAYS (Carrie) Every Monday, except holidays 5:15-6:00 PM ZOOM Link Meeting ID: 829 8043 4434 Passcode: 96683			Yoga (Kim) (5:15pm) Click link Meeting ID: 819 2330 3925 Passcode: 734173			
	Yoga (Kim) (5:15pm) Click link Meeting ID: 819 2330 3925 Passcode: 734173						
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 and Meditation (Kristin) (6:30pm-7:30pm) Zoom Link Meeting ID: 898 6747 0750 Passcode: zen	Zumba (Tania) 6:00pm https://us02web.zoom.us/j/kcz06Xieji Meeting ID: 883 0370 2103 Passcode: 652754	Tai Chi (Manifest) (6:00 – 7:00) Class link Meeting ID: 246 797 1735 Password: 816826		
7/8pm	Total Body Conditioning (Tanya) (7pm) Class Link Meeting ID: 870 7489 4911 Passcode: 653129	Zumba (Ingrid) 7:00pm Meeting ID: 865 5702 5302 Password: 962349	Restorative Yoga & Yoga Nidra (Jeanne) 8:00pm https://meet.google.com/ytd-abyr-bsz		Zumba (Ingrid) 7:00pm Meeting ID: 914 549 067 Password: 162663		

Yoga with Maureen (Recorded) Stream Anytime!**Yoga (Recorded)** <https://vimeo.com/911837728/890a3199a1?share=copy>

(2/26- 3/3)

(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)

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- 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!)

Pilates/Yoga/Meditation (Recorded) Stream Anytime 2/26 – 3/3![Week of 2.26.24 Pilates, Yoga & Meditation.mp4](#)**Chair Yoga (Recorded) Stream Anytime 2/26 – 3/3!**[Week of 2.26.24 MCPS Chair Yoga.mp4](#)**Total Body Conditioning (Recorded) Stream Anytime 2/26 – 3/3!**[Week of 2.26.24 Total Body Conditioning Recording.mp4](#)