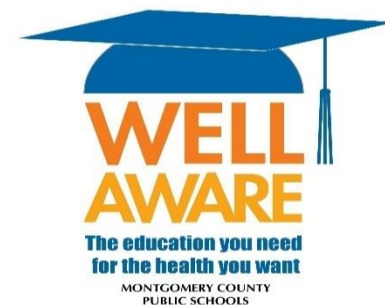


WELL AWARE JULY 2025 CALENDAR OF CLASSES

	Monday 7/14	Tuesday 7/15	Wednesday 7/16	Thursday 7/17	Friday 7/18	Saturday 7/19	Sunday 7/20
6am	Recorded Zumba (Daniela) (6:00a.m for 24 hours) Class Link Pass code: 2e3813 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: 57c8f3	Recorded Zumba Strong (Daniela) (6am for 24 hours) Class Link Pass code: 2f938f	Recorded Zumba (Daniella) (6:00a.m for 24 hours) Class Link Pass code: 362335		Recorded Zumba Strong (Daniela) (6am for 24 hours) Class Link Class Code: a8b4fd Recorded Zumba (Daniela) (6:00a.m for 24 hours) Class link Class Code: a1adbb	Recorded Zumba Strong (Daniela) (6am for 24 hours) Class Link Pass code: 91a5cb
7am/8am					Playful Vinyasa Flow & Morning Meditation 730am (Jeanne) https://meet.google.com/ytd-abyr-bsz Or dial: (US) +1 240-587-5791 PIN: 353 053 561#		
9am/10am	Yoga: 930am (Stacy) Einstein HS Yoga Studio		Recorded Low Impact Strength (Stephanie) https://dreamfittrainingandwellnessllc.mvsite.app/products/units/view/1522612/?lesson=2817669	Yoga: 930am (Stacy) Einstein HS Yoga Studio		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		Zumba: 1pm (Daniela) Little Bennett ES	Zumba Strong: 1pm (Daniela) Little Bennett ES Yoga: 2:30pm (Stacy) Montgomery Knolls ES Room 147	Zumba: 1pm (Daniela) Little Bennett ES 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 Seated Yoga (Holly) 4:30pm Class Link Meeting ID: 864 2888 4095 Passcode: 932580		Seated Yoga (Holly) 4:30pm Class Link Meeting ID: 843 4847 7334 Passcode: 419910	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
5pm 5:15pm 5:30pm		Yoga, Pilates, Meditation (Tanya) 5:00PM Class Link Meeting ID: 843 9734 0648 Passcode: 527557		Core & More (Maricel) 5:30pm Click here Meeting ID: 865 6079 2901 Passcode: FIT2024	Feel Good Friday Stretch (Tanya) 5:00pm Class Link Meeting ID: 825 8956 0014 Passcode: 099163		



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) 7:00pm Meeting ID: 865 5702 5302 Password: 962349 Restorative Yoga & Yoga Nidra (Jeanne) (8pm) https://meet.google.com/ytd-abyr-bsz Or dial: (US) +1 240-587-5791 PIN: 353 053 561#		Zumba (Ingrid) 7:00pm Meeting ID: 914 549 067 Password: 162663	
Yoga (Recorded) Stream Anytime 7/14/2025 – 7/20/2025 https://vimeo.com/1095251269/3c3e9c5d3e?ts=1474162&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 7/14/2025 – 7/20/2025 https://drive.google.com/file/d/12YAtUt_7ZRC9GLfuU7tMdq8ZmybtCVS2/view?usp=share_link Chair Yoga (Recorded) Stream Anytime Stream Anytime 7/14/2025 – 7/20/2025 https://drive.google.com/file/d/1qzt4zlsCeaG_Yd32D7IMBSi_KKbMJ7EA/view?usp=share_link Total Body Conditioning (Recorded) Stream Anytime 7/14/2025 – 7/20/2025 https://drive.google.com/file/d/18XiSYQnT2F7dMgPXWbpgCEGRJa15cbwL/view?usp=share_link DreamFIT Class Vault (Total Body Conditioning) Restorative and Vinyasa Yoga Practices from Jeanne Mindful Mondays Weekly Recordings	
Mindfulness: Mindful Practice for Stress Reduction (Spanish) https://drive.google.com/file/d/1KWOQsJd7nXLMQh2yc5s12iA3-7Zr8ML0/view (Copy and paste into browser) Stream Anytime 7/14/2025 – 7/20/2025					