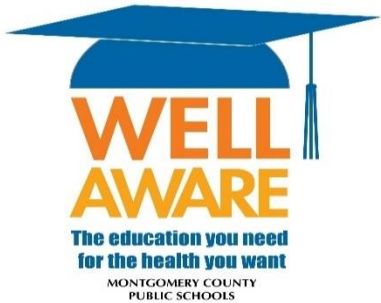


WELL AWARE JULY 2025 CALENDAR OF CLASSES

	Monday 7/21	Tuesday 7/22	Wednesday 7/23	Thursday 7/24	Friday 7/25	Saturday 7/26	Sunday 7/27
6am	Recorded Zumba (Daniela) (6:00a.m for 24 hours) Class Link Pass code: 89cf6b 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: 6c825b	Recorded Zumba Strong (Daniela) (6am for 24 hours) Class Link Pass code: ac2829	Recorded Zumba (Daniella) (6:00a.m for 24 hours) Class Link Pass code: 624bc8		Recorded Zumba Strong (Daniela) (6am for 24 hours) Class Link Class Code: d3285e Recorded Zumba (Daniela) (6:00a.m for 24 hours) Class link Class Code: a15ccc	Recorded Zumba Strong (Daniela) (6am for 24 hours) Class Link Pass code: 31bd1d
7am/8am	Zumba: 730am (Daniela) Little Bennett ES						
9am/10am	Yoga: 930am (Stacy) Einstein HS Yoga Studio		Recorded Low Impact Strength (Stephanie) https://dreamfitttrainingandwellnessllc.mvsite.app/products/units/view/1522612/?lesson=2817669	Yoga: 930am (Stacy) Einstein HS Yoga Studio	Zumba Strong: 930am (Daniela) Little Bennett ES	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: 2:30pm (Stacy) Montgomery Knolls ES Room 147	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: 868 5170 3195 Passcode: 672327		Seated Yoga (Holly) 4:30pm Class Link Meeting ID: 861 7790 7485 Passcode: 913148	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		

WELL AWARE JULY 2025 CALENDAR OF CLASSES

					Zumba Strong: 5pm (Daniela) Little Bennett ES	
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 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 7/21/2025 – 7/27/2025 https://vimeo.com/1097158851/2c47583d31?ts=2470853&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 7/21/2025 – 7/27/2025 https://drive.google.com/file/d/1taanxQSan5zLaJZQCtSfnhrQo-8WJuFy/view?usp=share_link Chair Yoga (Recorded) Stream Anytime Stream Anytime 7/21/2025 – 7/27/2025 https://drive.google.com/file/d/1LUApqwoY5-5fRi0Vk5F11ypvV7IX-mH2/view?usp=share_link Total Body Conditioning (Recorded) Stream Anytime 7/21/2025 – 7/27/2025 https://drive.google.com/file/d/1tUorRo_gz_A5B34XA1g_ch80Uja7vipL/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/1qjBXlJOg9SiDBxK9n3xiwF4g7x8Df9PC/view (Copy and paste into browser) Stream Anytime 7/21/2025 – 7/27/2025						