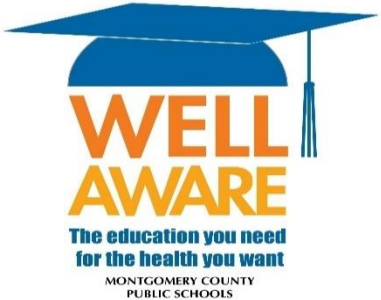


WELL AWARE MAY 2025 CALENDAR OF CLASSES

	Monday 5/12	Tuesday 5/13	Wednesday 5/14	Thursday 5/15	Friday 5/16	Saturday 5/17	Sunday 5/18
6am	Recorded Zumba (Daniela) (6:00a.m for 24 hours) Class Link Pass code: 1f7514 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: c3bd9d	Recorded Zumba Strong (Daniela) (6am for 24 hours) Class Link Pass code: 35da11	Recorded Zumba (Daniella) (6:00a.m for 24 hours) Class Link Pass code: a71161		Recorded Zumba Strong (Daniela) (6am for 24 hours) Class Link Class Code: 14ed1a Recorded Zumba (Daniela) (6:00a.m for 24 hours) Class link Class Code: 69ef93	Recorded Zumba Strong (Daniela) (6am for 24 hours) Class Link Pass code: cc6883
7am/ 8am			Recorded Low Impact Strength (Stephanie) https://dreamfittrainingandwellnessllc.mvsite.app/products/units/view/1522612/?lesson=2817669		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 (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 (Stacy) 3:15pm Tilden MS Class Link The meeting ID is 872 2474 3554 The password is yoga	Yoga (Stacy) 2:50pm Springbrook Dance Studio Class Link The meeting ID is 872 2474 3554 The password is yoga Zumba (Angie) 3:05pm QOHS Dance Studio 210 Zumba (Meghan) 3:45pm Loiederman MS Old Dance Studio	Yoga (Amani) 3:00pm Wootton High School Participate Virtually! Click here Zumba (Angie) 3:05pm QOHS Dance Studio 210			Zumba (Deandra) Class link Meeting ID: 823 0241 8108 Passcode: salsa
4pm/ 4:30pm	Seated Yoga (Holly) 4:30pm Class Link Meeting ID: 847 0039 6756 Passcode: 650333	Zumba Strong (Daniela) 400pm Little Bennett ES Zumba (Meghan) 4:30pm Flora Singer ES Gym	Zumba (Daniela) 4pm Wilson Wims ES Seated Yoga (Holly) 4:30pm Class Link Meeting ID: 833 9537 8655 Passcode: 811118	Yoga (Stacy) 4pm Montgomery Knolls ES Room 147 Zumba (Meghan) 4:20pm Roscoe Nix ES Gym Dance/Yoga Alternate (Lance) Pine Crest ES 4:20pm Zumba Strong (Daniela) 400pm Snowden Farm ES	Zumba/Core/Resistance (Mary) 3:45pm Sligo MS Cafeteria		Looking for a class? Check out Wellbeats for 1000s of hours of exercise and wellness classes! Click here
5pm/ 5:15pm	Yoga (Kim) (515pm) Click link Passcode100168 Meeting ID: 885 8612 3281	Yoga, Pilates, Meditation (Tanya) 5:00PM Class Link Meeting ID: 843 9734 0648 Passcode: 527557		Yoga (Kim) (515pm) Click link Passcode100168 Meeting ID: 885 8612 3281	Feel Good Friday Stretch (Tanya) 5:00pm Class Link Meeting ID: 825 8956 0014 Passcode: 099163		

	MINDFUL MONDAYS (Carrie) Every Monday, except holidays 5:15-6:00 PM ZOOM Link Meeting ID: 829 8043 4434 Passcode: 966834 Dial-in number: 301-715-8592					
5/5:30 pm	Core & More (Maricel) 515pm 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) 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) No Class Today 7:00pm Meeting ID: 914 549 067 Password: 162663		

Yoga (Recorded) Stream Anytime 5/12/2025 – 5/18/2025
<https://vimeo.com/1083291672/d78e209d66?ts=0&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)

Mindfulness: Spinal Stretches (Spanish)
<https://drive.google.com/file/d/1V8BKcoo3z1JhkpTQGSYKmyW8r0tmh04/view>

(Copy and paste into browser)

Stream Anytime 5/12/2025 – 5/18/2025
Pilates/Yoga/Meditation (Recorded) Stream Anytime 5/12/2025 – 5/18/2025
https://drive.google.com/file/d/1IK3PwfDgIWWTKC3VhNF_v_MZJMtUbwBU/view?usp=share_link
Chair Yoga (Recorded) Stream Anytime 5/12/2025 – 5/18/2025
https://drive.google.com/file/d/1J9KcnT2bneP6eX2ZuumDYw0B9cVe5sXG/view?usp=share_link
Total Body Conditioning (Recorded) Stream Anytime 5/12/2025 – 5/18/2025
https://drive.google.com/file/d/1TqQ4LAOcVff5eVTEdpmBWUdh6zIVZhq1/view?usp=share_link
[DreamFIT Class Vault \(Total Body Conditioning\)](#)
[Restorative and Vinyasa Yoga Practices from Jeanne](#)
[Mindful Mondays Weekly Recordings](#)