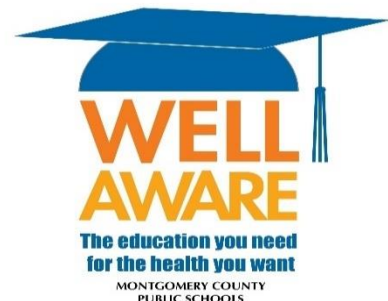


WELL AWARE SEPTEMBER 2025 CALENDAR OF CLASSES

	Monday 9/8	Tuesday 9/9	Wednesday 9/10	Thursday 9/11	Friday 9/12	Saturday 9/13	Sunday 9/14
6am	Recorded Zumba (Daniela) (6:00a.m for 24 hours) Class Link Pass code: ebda27 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: 3b84e9	Recorded Zumba Strong (Daniela) (6am for 24 hours) Class Link Pass code: d1b665	Recorded Zumba (Daniella) (6:00a.m for 24 hours) Class Link Pass code: d87ee7		Recorded Zumba Strong (Daniela) (6am for 24 hours) Class Link Pass Code: 148fe9 Recorded Zumba (Daniela) (6:00a.m for 24 hours) Class link Class Code: fe848f	Recorded Zumba Strong (Daniela) (6am for 24 hours) Class Link Pass code: ad445d
7am/8am	Recorded Low Impact Strength (Stephanie) https://dreamfittrainingandwellnessllc.mvsite.app/products/units/view/1309293/?lesson=1797432		Recorded Low Impact Strength (Stephanie) https://dreamfittrainingandwellnessllc.mvsite.app/products/units/view/1522612/?lesson=2817669		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 Strength (Stephanie) https://dreamfittrainingandwellnessllc.mvsite.app/products/units/view/1669914	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		Cardio and Resistance: 2:30pm (Mary) JFK High School Dance Studio Starting 10/7	Yoga: 2:50pm (Stacy) Einstein HS Rm 181 Yoga 3:00pm (Amani) Wootton HS Cafeteria Participate Virtually! Click here	Yoga 2:45pm (Amy) Springbrook HS Yoga Studio Yoga: 3:15pm (Stacy) Tilden MS			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: 891 4084 3759 Passcode: 918694	Zumba Strong: (Daniela) 4pm Little Bennett ES Yoga: 4pm (Stacy) Montgomery Knolls Rm 147 Zumba: 4:20pm (Meghan) Flora Singer ES Starting 9/16	Zumba Strong: (Daniela) 4pm Wilson Wims ES Zumba: 4:30pm (Meghan) Glenallen ES Starting 9/17 Seated Yoga (Holly) 4:30pm Class Link Meeting ID: 891 2573 9589 Passcode: 337253	Yoga (Kim) 4pm Click link Meeting ID: 824 6598 8839 Passcode: 677191 Zumba Strong: (Daniela) 4pm Snowden Farm ES Ignite Dancefit 4:30pm (Priya) Starting September 17 College Gardens ES Gym			Looking for a class? Check out Wellbeats for 1000s of hours of exercise and wellness classes! Click here
5pm 5:15pm 5:30pm	Mindful Mondays (Carrie) 5:15pm ZOOM Link ID: 829 8043 4434 Passcode: 966834 Call In: 301-715-8592	Yoga, Pilates, Meditation (Tanya) 5:00PM Class Link Meeting ID: 843 9734 0648 Passcode: 527557		Zumba (Ingrid) 5:00pm (This week only) Meeting ID: 914 549 067 Password: 162663	Feel Good Friday Stretch (Tanya) 5:00pm Class Link Meeting ID: 825 8956 0014 Passcode: 099163		

WELL AWARE SEPTEMBER 2025 CALENDAR OF CLASSES

				Core & More (Maricel) 5:30pm Click here Meeting ID: 865 6079 2901 Passcode: FIT2024		
6/6:30 pm		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				
	Total Body Conditioning (Tanya) 7pm Class Link Meeting ID: 870 7489 4911 Passcode: 653129	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 9/8/2025 – 9/14/2025 https://vimeo.com/1114986409/d036ee4443?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)				Pilates/Yoga/Meditation (Recorded) Stream Anytime 9/8/2025 – 9/14/2025 https://drive.google.com/file/d/14hLsVQaRIqbJb--2G8Qv68VWDliMazf1/view?usp=share_link		
Mindfulness: Gentle Yoga Stretches (Spanish) https://drive.google.com/file/d/1ri6E_xmvFIO19LGJxiKevFpVcKrOqH15/view (Copy and paste into browser) Stream Anytime 9/8/2025 – 9/14/2025				Chair Yoga (Recorded) Stream Anytime Stream Anytime 9/8/2025 – 9/14/2025 https://drive.google.com/file/d/1sXhbQ0m4-ZwPTZsO0Yf1B9qtyb-c65Vr/view?usp=share_link		
				Total Body Conditioning (Recorded) Stream Anytime 9/8/2025 – 9/14/2025 https://drive.google.com/file/d/1LOeudEQOCTQWx19sZ9LoQRXP122BoWkX/view?usp=share_link		
				DreamFIT Class Vault (Total Body Conditioning)		
				Restorative and Vinyasa Yoga Practices from Jeanne		
				Mindful Mondays Weekly Recordings		

What is Ignite Dancefit?	Ignite Dancefit is a music-driven dance fitness class that incorporates moves from various styles like Latin, Hip Hop, and African dance, along with elements of boxing and aerobics. It's designed for all fitness levels and offers a fun, cardio-focused workout. The classes are choreographed to upbeat music and often include optional weighted gloves for an added challenge.
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